

GROUP FITNESS SCHEDULE

BLDG	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BLDG. S	7:00-8:00a Sports Conditioning Patrick (S)	11:15-11:45a SYNRGY Training Patrick (S)	7:00-8:00a Sports Conditioning Jeff (S)		7:00-8:00a Sports Conditioning Jeff (S)
	11:30-12:15p Zumba@ Level (S)	11:50-12:20p SCORE Patrick (S)	11:15-12:15p SYNRGY Training Patrick (S)	11:30-12:15p KickSport & TRX Amber (S)	11:15-11:45a BARRE Amber (S)
	12:30-1:15p NEW CLASS Cardio Kickboxing Amber (S)	12:30-1:15p Power Yoga Level 2-3 Amber (S)	12:30-1:30p Pilates Sculpt Salome (S)	12:30-1:30p Power Yoga Level 2-3 Stephanie (S)	11:50-12:20p SCORE Amber (S)
	5:15-6:00p Boot Camp April (S)				12:30-1:15p Yoga All Levels Amber (S)
	6:00-7:00p Yoga Level 2 Rachel (S)	5:30-6:30p TRX® Ryan (S)	5:15-6:15p SYNRGY Training Patrick (S)	5:15-6:00p SYNRGY Training April (S)	
BLDG. N	11:30-12:30p Cycling Meredith (N)	7:15am-8:00am Yoga Level 1-2 Amber (N)	11:30-12:30p Cycling Avegail/Steve (N)	11:30-12:00p Zumba® Lavel (N)	
BLDG. WT	11:30-12:15p Yoga All Levels Rachel (WT)	11:45-12:30p Boot Camp Lynn (WT)	11:30-12:15p PiYO April (WT)	11:45-12:30p Pilates Salome (WT)	
	12:30-1:15p BollyX® Zuliya (WT)	12:30-1:15p Zumba® Lavel (WT)	12:30-1:15p Yoga Level 2 Rachel (WT)		
	5:30-6:30pm Sports Conditioning Jeff (WT)			5:30-6:30p Yoga Level 2 Rachel (WT)	
BLDG. AP	11:30-12:15p H.I.I.T (Octane-Inside) Ryan (AP)	12:00-12:45p Boot Camp Aja (AP)	12:00-12:45p H.I.I.T (Octane-Inside) Ryan (AP)	12:00-12:45p Boot Camp Ryan (AP)	11:30-12:30p Sports Conditioning Jeff (AP)
BLDG. Q	11:30-12:15p SCORE Jeff (Q)			11:45-12:15p SCORE April (Q)	11:30-12:15p Zumba® Lavel (Q)
	12:30-1:15p TRY ME! Zumba® Rumi (Q)	12:15p-1:00p BollyX® Zuliya (Q)	12:15-1:00P Zumba® Lavel (Q)	12:30p-1:15p Zumba® Lavel (Q)	
	5:30-6:15p TRY ME! T-REX BOOT CAMP Ryan (Q-Outside)	5:30-6:15p SCORE Aja (Q)	5:30-6:30p T-REX BOOT CAMP Aja (Q-Outside)	5:30-6:30p Sports Conditioning Jeff (Q-Outside)	

Contact: Q Fitness / fitness.center@qualcomm.com

Q2 Schedule March - May 2017

More information at: Go/Fitness

BLUE = BASIC FREE CLASSES, ORANGE= PREMIUM CLASSES \$15/month,
YELLOW = TRY ME! Classes- PREMIUM Classes that are FREE for you to try!

QFitness

Q2- Group Fitness Class Descriptions March-May 2017

FREE CLASSES (BLUE):

SCORE: (Strength/Cardio/Core) Improve performance in your everyday activities with this blend of whole body functional movements. This class utilizes interval, agility, core toning and strength movements for the athlete in all of us.

Enhance your workout with PREMIUM CLASSES! Just \$15/month, all access (ORANGE).

Barre: An energetic, sweaty fusion of Pilates, ballet-inspired movements, and yoga; all set to fast-paced, hip music. Weights and bands add cardio conditioning and total body toning.

BollyX: BollyX is a high intensity Bollywood cardio workout. Move to the heart pumping beats of Bollywood.

Boot Camp: Athletic skills and drills combining cardio, muscle conditioning and Plyometric moves. May include the use of weights, bars, sand bells, kettlebells, steps and other small fitness equipment.

Cardio Kickboxing: A combination of dance and martial arts that will undoubtedly improve your endurance and cardiovascular fitness.

Cycling: A cycling class set to motivating music that combines jumps, intervals, hills, and sprints to promote aerobic fitness.

H.I.I.T: High Intensity Interval Training (H.I.I.T.) at its best. Class includes short, high intensity intervals combined with active recovery designed to train the body for improved performance and calorie burning. Held at building AP on the "Octane" Ellipticals.

Pilates: Pilates mat exercises stretch and engage every muscle in your body with special emphasis on your core.

Pilates Sculpt: Exercises and postures that stretch and tone every muscle in your body, with a special emphasis on the "core" (abdominals, waist, lower back and buttocks). A small variety of props may be used.

PiYo: A combination of dynamic, flowing sequences that burns calories while lengthening and toning your muscles to increase flexibility.

Sports Conditioning: A class focused on increasing strength, balance, coordination, and flexibility. This is a great workout that can help you prepare for the upcoming golf season, your favorite sport, or activities in your everyday life.

SYNRGY Training: A non-stop circuit-style workout including a series of basic exercises using the heavy bag, kettle bells, battle rope, TRX and more.

KickSport & TRX: Combines kickboxing moves, and TRX Suspension training workouts designed to tone and sculpt your body, making this a sweat dripping experience where every muscle feels worked!

T-Rex Boot Camp: The ultimate total body circuit routine utilizing various outdoor fitness stations to sculpt and strengthen your muscles.

TRX®: The TRX Suspension Trainer leverages gravity and your bodyweight to perform hundreds of exercises. You're in control of how much you want to challenge yourself on each exercise because you can simply adjust your body position to add or decrease resistance.

Yoga: A class featuring the ancient practice of Yoga; a series of asanas (postures) to increase flexibility, energy and stillness of mind. Level 1= Beginning, Level 2= Intermediate, Level 3= Advanced.

Zumba® Come join the party with Latin inspired dancing that will increase your cardiovascular endurance and tone & sculpt your body. Forget the workout, just lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba® classes feature exotic rhythms set to high-energy Latin and international beats.

YELLOW "TRY ME" Classes: Premium style classes that are FREE for you to try! Reservations recommended.

Group Exercise Guidelines

Class reservations are recommended, as space is limited per class. Online reservations are recommended! Questions? Email fitness.center@qualcomm.com

- Reservations for classes can be made 72 hours in advance and online through our membership portal, Flex (Link to your profile through Qualnet: [Go/Fitness](https://flex.plusone.com), Contractors/Spouse members can log on at: <https://flex.plusone.com>).
- Please arrive 5 minutes early to class to set up.
- There is a **5 minute buffer for reserved spaces**, spaces available after that point are first come, first serve.
- Be considerate of other members' exercise space.
- Please do not crowd out a member who has arrived in class before you.
- Classes and instructors are subject to change without notice.
- Help us keep your exercise space tidy. Please return all equipment to its proper storage area.
- Please feel free to approach instructors if you have any questions or if it is your first time in class.
- If you are pregnant or have other medical changes that may affect your workout, please inform the instructor and have an Exercise Specialist revise your program.

The information provided through any onsite program is for informational purposes only and provided as part of your employee benefits. Participation in any onsite program is voluntary. The onsite team cannot diagnose problems or recommend treatment and is not a substitute for your doctor's care. Consult your doctor prior to beginning an exercise program or making changes to your lifestyle or health care regimen. Your health information is kept confidential in accordance with the law and will only be used to provide health and wellness recommendations as applicable.

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