

CHAMP

Group Exercise Schedule

Jan. 3rd – Mar. 30th

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	5:45 - 6:30 Spin	6:15 --6:30 Ab-Solutions	5:45 - 6:30 Spin	6:15 --6:30 Ab-Solutions	5:45 - 6:30 Spin
Lunch	12:00-12:15 Express Workout *see schedule below	12:00-12:30 Boot Camp	12:00-12:30 Spin	12:00-12:30 Body Bar Box	12:00-12:45 Spin
Evening	4:00 -4:45 Spin		4:00 -4:30 Interval Training		4:00 -4:45 Spin

*Express Workout Schedule for qtr. 1:

1st Monday of the month – Legs 2nd Monday of the month – Chest
 3rd Monday of the month – Back 4th Monday of the month - Arms

- Classes will begin and end on time.
- This is a proposed schedule. The Fitness Center reserves the right to add/delete classes based on participation.
- Appropriate dress is required at all times. (Closed toed shoes, covered mid-driff, etc.)
- BEGINNERS ARE ENCOURAGED TO PARTICIPATE & MODIFY WORKOUT INTENSITY TO APPROPRIATE LEVEL.

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CHAMP



Group Exercise Descriptions



Ab-Solutions- Get those washboard abs! A concentrated workout specifically designed to strengthen and tone the abdominal and lower back muscles.

ALL LEVELS

Boot Camp- Fat burning, High energy class with basic aerobic and strength moves. Develops core strength, stability, and agility.

ALL LEVELS



Body Bar Box- Kickboxing moves with the use of a weighted body bar.

ALL LEVELS

Express Workout- Short on time but don't want to skip a workout? Come in for a quick and effective 15 minute weight training class. Every week you will target a different muscle group.

Interval Training- Mix it up! Get a heart-pumping workout using different training techniques. It's a total body workout!

ALL LEVELS



Spin- 45 minutes of awesome calorie devouring group cycling. One of the fundamental components of the spinning program is the use of mind/body techniques to enhance performance. Get a great cardiovascular workout.

ALL LEVELS

If you have any questions regarding CHAMP Group Exercise, please call extension 7171.

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