



CHAMP

Group Exercise Schedule

June 7th to September 2nd

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	5:45 - 6:30 Spin w/Kevin	5:15 - 5:30 Ab-Solutions W/Kevin	5:45 - 6:30 Spin w/Kevin	5:15 - 5:30 Ab-Solutions W/Kevin	
Lunch		1:00 - 1:45 Spin w/Audra		1:00 - 1:30 Instructor's Choice	
Evening	5:00 - 5:45 Spin w/Audra		5:00 - 5:45 Spin w/Audra		

MediFit™

- Classes will begin and end on time.
- This is a proposed schedule. The Wellness 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.

power
to be *YOUR*
best
PSEG Human Resources



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

Body Sculpting- A combination of cardio and weights to kick start your metabolism.
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.
INTERMEDIATE/ADVANCED

Instructor's Choice- Just go with the flow! This class may change at any time. Come in and get a great workout.
ALL LEVELS

Group Exercise Classes with less than 2 participants may be cancelled.
If you have any questions regarding CHAMP Group Exercise, please call extension 7171.

MediFit™

power
to be *YOUR*
best
PSEG Human Resources