










Intel® Vitality Program Virtual Group Exercise Schedule

All virtual group exercise classes are offered through the [Exos Fit app](#). Download today to join!

- [AMR Schedule: times based in PST \(UTC-8\)](#)
- [UK Schedule: times based in UTC](#)
- [Poland Schedule: times based in CET \(UTC+1\)](#)
- [Malaysia Schedule: times based in MST \(UTC+8\)](#)

[goto/wellness](#)

February Virtual Group Exercise Schedule

Time PST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Moring	Total Body Challenge - Lauren (5:05-5:55am)		Total Body Challenge - Lauren (5:05-5:55am)		Total Body Challenge - Lauren (5:05-5:55am)
		IVP Winter Relay – Team Lauren (6:05-6:55am) 		IVP Winter Relay – Team Lauren (6:05-6:55am) 	IVP Winter Relay – Team Lauren (2/4 and 2/11 only) (6:05-6:55am)  Click to Join
	10 Minute Recharge Lauren (10:00-10:10am)				
Noon	Total Body Challenge - Brittini (11:05-11:55am)	Metabolic Challenge - Jess (11:05-11:55am)	Total Body Challenge - Brittini (11:05-11:55am)	Metabolic Challenge - Jess (11:05-11:55am)	Total Body Challenge - Brittini (11:05-11:55am)
	Yogalates - Duana (11:15-12:00pm)	Yoga - Jennifer (11:15-12:00pm)			Yoga - Jennifer (11:15-12:00pm)
	IVP Winter Relay – Team Alex (12:05-12:55pm) 	Bootcamp - Colette (12:05-1:00pm)	IVP Winter Relay – Team Alex (12:05-12:55pm) 	Bootcamp - Colette (12:05-1:00pm)	IVP Winter Relay – Team Alex (12:05-12:55pm) 
	PiYo - Colette (12:05-1:00pm)		PiYo - Colette (12:05-1:00pm)	Yoga - Nasim (12:15-12:55pm)	Pilates - Nichole (12:15-1:00pm)
Evening		Metabolic Challenge - Nichole (3:05-3:55pm)		Metabolic Challenge - Nichole (3:05-3:55pm)	
	IVP Winter Relay – Team Clint (4:05-4:55pm) 		IVP Winter Relay – Team Clint (4:05-4:55pm) 		IVP Winter Relay – Team Clint (4:05-4:55pm) 
	Pilates - Kim (4:15-5:00pm)	Yoga - Kari (4:15-5:00pm)	Pilates - Kim (4:15-5:00pm)	Yoga - Kari (4:15-5:00pm)	
	Zumba® - Gillian (5:15-6:00pm)		Zumba® - Gillian (5:15-6:00pm)		Zumba® - Gillian (5:15-6:00pm)

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February Virtual Group Exercise Schedule

Time UTC	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning	Bodyweight Conditioning - Calum (9:30am-10:00am)	Total Body Challenge - Calum (9:30am-10:00am)	Bodyweight Conditioning - Calum (9:30am-10:00am)	Total Body Challenge - Calum (9:30am-10:00am)	Bodyweight Conditioning - Calum (9:30am-10:00am)
	10 minute Recharge - Calum 10:00am-10:10am				
Noon	Total Body Challenge - Calum (11am-11:30am)	HIIT Training - Calum (11am-11:30am)	Total Body Challenge - Calum (11am-11:30am)	HIIT Training - Calum (11am-11:30am)	Total Body Challenge - Calum (11am-11:30am)
	Pilates - Natalie (12pm - 1pm)	Clubbercise - Emma (12pm-12:45pm)	Bodyweight Training - Ben (12pm-12:45pm)	Clubbercise - Emma (12pm-12:45pm)	Pilates - Natalie (12pm - 1pm)
		IVP Winter Relay – Team Lauren (2:05-2:55pm) 🌿		IVP Winter Relay – Team Lauren (2:05-2:55pm) 🌿	IVP Winter Relay – Team Lauren (2:05-2:55pm) 🌿
Evening		Total Body Challenge - Calum (4:10pm-4:40pm)		Total Body Challenge - Calum (4:10pm-4:40pm)	
	HIIT Training - Calum (5pm-5:30pm)		HIIT Training - Calum (5pm-5:30pm)		
		Yoga - Bonny (5:30pm-6:00pm)		Restorative Yoga - Bonny (5:30pm-6:00pm)	

February Virtual Group Exercise Schedule

Time CET	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning	Morning Movement (25 min) (8:00am-8:25am)	Morning Movement (25 min) (8:00am-8:25am)	Morning Movement (25 min) (8:00am-8:25am)	Morning Movement (25 min) (8:00am-8:25am)	Morning Movement (25 min) (8:00am-8:25am)
	Core Training (25 min) (8:30am-8:55am)		Core Training (25 min) (8:30am-8:55am)		Core Training (25 min) (8:30am-8:55am)
	HIIT Training (25 min) (9:30am – 9:55am)	HIIT Training (25 min) (9:30am – 9:55am)	HIIT Training (25 min) (9:30am – 9:55am)	HIIT Training (25 min) (9:30am – 9:55am)	HIIT Training (25 min) (9:30am – 9:55am)
Noon	**All classes taught in Polish**			Yoga - Filip (12:05pm – 12:50pm)	
		IVP Winter Relay – Team Lauren (3:05-3:55pm) 🌿		IVP Winter Relay – Team Lauren (3:05-3:55pm) 🌿	IVP Winter Relay – Team Lauren (3:05-3:55pm) 🌿
Evening	Total Body Challenge (4:10pm – 4:55pm)	Bodyweight Conditioning (4:10pm – 4:55pm)	Total Body Challenge (4:10pm – 4:55pm)	Bodyweight Conditioning (4:10pm – 4:55pm)	

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February Virtual Group Exercise Schedule

Time MYT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning		Metabolic Challenge - Nichole (7:05am-7:50am)		Metabolic Challenge - Nichole (7:05am-7:50am)	
	IVP Winter Relay – Team Clint (8:05am-8:50am) 🌿		IVP Winter Relay – Team Clint (8:05am-8:50am) 🌿		IVP Winter Relay – Team Clint (8:05am-8:50am) 🌿
10 minute Quick Refresh - Lem 11:00am – 11:10am					
Noon	Bodyweight Conditioning - Lem (11:15am – 11:50am)	Bodyweight Strength - Lem (11:15am – 11:50am)	Bodyweight Conditioning - Lem (11:15am – 11:50am)	Bodyweight Strength - Lem (11:15am – 11:50am)	Bodyweight Conditioning - Lem (11:15am – 11:50am)
	Bodyweight Strength - Hanael (12:05pm-12:50pm)	Bodyweight Strength - Josh (12:05pm-12:50pm)	Bodyweight Strength - Hanael (12:05pm-12:50pm)	Bodyweight Strength - Josh (12:05pm-12:50pm)	Bodyweight Strength - Hanael (12:05pm-12:50pm)
10 min Quick Refresh (10 min) - Lem (4:00pm – 4:10pm)					
Evening	Bodyweight Strength - Lem (4:15pm – 4:50am)	Yoga - Angeline (4:10pm – 4:50am)	Bodyweight Strength - Lem (4:15pm – 4:50am)	Yoga - Angeline (4:10pm – 4:50am)	Bodyweight Strength - Lem (4:15pm – 4:50am)
	Bodyweight Conditioning - Calum (5:30pm-6pm)	Total Body Challenge - Calum (5:30pm-6pm)	Bodyweight Conditioning - Calum (5:30pm-6pm)	Total Body Challenge - Calum (5:30pm-6pm)	Bodyweight Conditioning - Calum (5:30pm-6pm)

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Intel Group Exercise Class Descriptions

Meet your health and wellness goals with the next generation of Group Exercise powered by the Intel® Vitality Program. Our programs are designed to progressively enhance your current fitness level – no matter your starting point – through a variety of engaging and fun classes. Because success requires rest, between each new session we will focus on recovery and regeneration, in addition to fun challenging activities including friendly competitions and events.

Bodyweight Strength – Strengthen your overall mobility and strength while pushing yourself to new limits. Suitable for all levels. No equipment needed.

Bodyweight Conditioning - Feel stronger and leaner with this fast-paced class. Improve mobility, strength, power, speed, and conditioning in this progressive workout series.

Total Body Challenge - Get strong and feel powerful with this full body class. You'll focus on developing stability, strength, and power. The result will be a stronger and leaner body. Suitable for all levels. No equipment required.

HIIT Training - An energetic 25 min workout of high intensity interval training (HIIT) designed to improve your cardiovascular fitness, increase your speed, and maximize your calorie burn. The class includes short bursts of high intensity exercises, followed by a rest phase to get in shape, fast. Get ready to work up a sweat!

Core Training – This 25-minute class focuses on strengthening your hips, shoulders and core muscles through various sets of bodyweight-based exercises and floor work. No equipment required.

10 Minute Recharge - In this 10-minute class we will focus on restoring the aches and pains resulting from sitting. Through stretches and soft tissue release that can easily be performed at your desk, you will feel renewed for the rest of the day. No equipment required. Designed for the office or home.

Metabolic Challenge - Get stronger and leaner with this fast-paced class. You'll pick up the intensity with these circuit trainings made up of strength, power, endurance and agility training, all designed to burn calories and challenge the various energy systems.

Morning Movement – This low impact class focuses on building a strong foundation and strengthening the pillar which includes the shoulders, trunk and hips. Reap the benefits of guided, structured exercises designed to reinforce effective core engagement and movement in daily life. No equipment required.

Bootcamp - Get ready to sweat as we combine high intensity bursts of cardio with full body strength movements. Leave this workout feeling accomplished and motivated, ready to come back for more.

Yoga - A mind-body training that incorporates basic poses to build strength, improve balance, and flexibility. This contemporary style yoga class brings about the balance of mind, body, and spirit.

Yoga'lates - This class is fusion of yoga and Pilates. You will be taken on a mindful journey where the two disciplines blend.

PiYo - This easy to follow fat burning workout combines the best of Pilates and Yoga with strength training and low-impact cardio to provide a high energy experience suitable for all levels of fitness.

Zumba® – Zumba® is all about partying yourself into better shape and better health all the while listening to fun and upbeat international music. By combining cardio intervals with resistance training, you get a great training and burn calories. No experience is necessary. If you can move, you can Zumba®!

Pilates – This Pilates class will build strength through the entire body by lengthening and strengthening the muscles while improving balance, body awareness, breath, and emphasizing core strength and alignment. It is a low impact class designed for both beginners and advanced Pilates enthusiasts.

Clubbercise® - A fun calorie burning dance class choreographed to music that is a fusion of dance, toning and combat moves with high/low impact options for all fitness levels. No equipment required.



IVP Winter Relay - How do you help your team win? Show up! Bring a friend, bring 10 friends! It's a relay after all, we need to keep moving. The higher the attendance in class the more points your team will receive. Whichever team has the highest participation by the closing ceremonies will be announced IVP Olympic Relay winners!

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