



bp Fitness Live Stream
<http://www.bpfitnesscenter.net>
Director of Group Fitness Edie Garcia-Gutierrez@bp.com
Jan 5th – Mar 6th

Group Fitness Schedule- NO Classes on Mon Jan 19th in observance of MLK Day

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning					
Afternoon	<u>Barre</u> Kirie 11:00–11:45am <u>Total Body Blast</u> Karleigh 11:15–12:00pm <u>Yoga with Props</u> Amy 12:05–12:50pm	<u>Pilates</u> Kirie 11:15–12:00pm <u>Stretch & Relax</u> Edie 2:00–2:10pm	<u>Body Sculpt</u> Betti 11:15–12:00pm <u>Yoga</u> Kirie 12:05–11:45am	<u>Pilates Fusion</u> Kirie 11:15–12:00pm <u>Power Express</u> Stephen 11:15–12:00pm <u>Stretch & Mobility</u> Cindy 12:05–12:35pm <u>Stretch & Relax</u> Edie 2:00–2:10pm	<u>Stretch & Mobility</u> Kirie 11:15–12:00pm <u>Yoga Flow</u> Cindy 12:00–12:45pm
Evening					



Live-stream class links in the schedule above are in green.

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Barre

An all-levels class that consists of low impact/high repetition movements, with small isometric exercises to target your arms, abdominals, and legs.

Body Sculpt

A target toning routine that teaches you weight-training basics and works all your muscles. Sculpt your body with a variety of strength-training equipment.

Pilates

Pilates mat exercises stretch and strengthen every muscle in your body with special emphasis on your "center" (abdominals, waist, low back, and buttocks).

Pilates Fusion

This class is a fusion of both Pilates and a variety of toning techniques to create all over strength and flexibility.

Power Express

A 45-minute class featuring various cardio and strength training routines.

Stretch & Mobility

This relaxing class integrates foam rolling and dynamic stretching techniques to increase flexibility.

Stretch & Relax

Take a break (10-min) from your workday to stretch, de-stress, and relax. You don't even need to change your clothes for the class.

Total Body Blast

If you're pressed for time, then this is the class for you! It hits all major muscles of the body utilizing a fun and challenging circuit and incorporates both traditional and functional training exercises. Class is open to all fitness levels.

Yoga

A class featuring the ancient practice of yoga; a series of asanas (postures) to increase flexibility, energy and stillness of mind.

Yoga Flow

This class begins with stretching and works through a series of movements, matching breath to movement. Elements of flexibility, strength and balance are incorporated into every class.

Yoga with Props

A class featuring the ancient practice of yoga; a series of asanas (postures) to increase flexibility, energy and stillness of mind using various supportive props.

Group Fitness Guidelines

- Depending on the class type, space may be limited.
- Should you need to leave the classroom, please tell the instructor by raising your hand or making eye contact — this will let the instructor know that you're feeling fine. If you're not feeling well, please sit down to alert the instructor; this will also put you in the best position for recovery.
- Be considerate of other members' exercise space.
- Classes and instructors are subject to change without notice.
- Help us keep the 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's your first time in class. If you're pregnant or have other medical issues that may affect your workout, please inform the instructor before the class begins.
- Taking pictures is prohibited.
- Please dress in appropriate workout attire.
- Personal fragrances should be kept to a minimum.