

We will be teaching group exercise classes virtually. All you need is the link and some space to do the workouts- minimal to no equipment necessary. We have a limited schedule for now. All classes with the appropriate links are listed below. Be sure to log into the class using your computer and allow video to connect with the rest of the class!

CLASSES WILL BE HELD VIRTUALLY WITH THE LINK BELOW					
	Monday	Tuesday	Wednesday	Thursday	Friday
10:00 am	Peak Conditioning (15 min.)	Meditation/Recovery (15 min.)	HITT (15 min.)	Advanced Arms (15 min.)	Body Burn (15 min.)
12:00 pm	Stretch (15 min.)		Lower Body Blast (15 min.)		Yoga (with Dominique) (60 min.)
1:00 pm	Pilates (with Leia) (60 min.)		Pilates (with Kate) (60 min.)		
2:30 pm	Core Circuit (15 min.)	Glutes n' all (15 min.)	Washboard Wednesday (15 min.)	Stretch (15 min.)	

## Links:

10 am: <https://aruplab.webex.com/aruplab/j.php?MTID=m021417b7d7763437f9836383eadd180f>

12 pm: <https://aruplab.webex.com/aruplab/j.php?MTID=m7ae09ad3769f16f65843e8d36bf1574e>

1 pm: <https://aruplab.webex.com/aruplab/j.php?MTID=m81b93393a7f53ef6e7e556528fc0aa5b>

2:30 pm: <https://aruplab.webex.com/aruplab/j.php?MTID=mc798b5f4ec7bb68ff0a4010715e8a12d>

## Class Descriptions:

<b>Advanced Arms:</b> Build up the muscles in your arms by performing slow, eccentric movements that will make you feel the burn!	<b>HIIT:</b> This class will focus on short bursts of high intensity intervals followed by recovery periods.	<b>Peak Conditioning:</b> Come get peak ready with exercises designed to help you reach peaks by walk, bike, or run.	<b>Washboard Wednesday:</b> Come get washboard abs through a variety of exercises
<b>Body Burn:</b> Start your morning off through a full body workout using all sorts of weights and other equipment. This workout will include weights, cardio, and agility!	<b>Lower Body Blast:</b> Feel the burn as you ignite your gluts with a variety of exercise involving bands, weights, and your own body.	<b>Pilates:</b> This non-impact exercise is geared toward strengthening the spine while improving core and back strength, range of motion, and flexibility. All skill levels are welcome.	
<b>Core Central:</b> Develop strength, balance, and stability movement that targets the core	<b>Meditation/Recovery:</b> Enjoy some time to slow down through this guided mediation.	<b>Stretch:</b> Come loosen up through a guided stretch class.	

for day to day life.	Dimmed lights, quiet setting, and relaxing music included.		
<b>Glutes n' all:</b> Train and tighten all regions of the lower body and core with this toning class.	<b>Nutritious &amp; Delicious:</b> Come learn the basics of eating healthy and how to prepare some quick, creative, and delicious meals to spice up your eating habits.	<b>Yoga:</b> Fitness-based yoga class with hatha and vinyasa flow, which coordinates movement with breath. This class is great for beginners as plenty of modifications are offered	

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