

JUNE

Both Pacific
and Mountain
Time Zones
available.

RE-ENERGIZE.
WITH GROUP FITNESS

Virtual Calendar



Brought to you
by your
Boulder,
Deer Creek,
Sunnyvale and
Waterton Staff
members.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6am(PST)/ 7am (MST) Core & More Brittany	6am(PST)/ 7am(MST) Body Weight Boot Camp Krystal	6am(PST)/ 7am(MST) Core & More Joan	6am(PST)/ 7am(MST) Body Weight Boot Camp Vicky	
10am(PST)/ 11am(MST) Stretch Joan	10(PST)/ 11am(MST) Stretch Cody	10am(PST)/ 11am(MST) Stretch Ila	10am(PST)/ 11am(MST) Stretch Brittany	10am(PST)/ 11am(MST) Equipment Strength Erika <small>*A Track ON-Friday only</small>
	10:30am(PST)/ 11:30am(MST) Core & More Erika		10:30am(PST)/ 11:30am(MST) Body Weight Boot Camp Erika	
11:30am(PST)/ 12:30pm(MST) Equipment Strength Vicky	11:30pm(PST)/ 12:30pm(MST) Stretch Krystal	11:30am(PST)/ 12:30pm(MST) Core & More Cody	11:30pm(PST)/ 12:30pm(MST) Stretch Krystal	11:30am(PST)/ 12:30pm(MST) Tabata Cody
1pm(PST)/ 2pm(MST) Body Weight Boot Camp Anna				
		3pm(PST)/ 4pm(MST) Body Weight Boot Camp Anna	3pm(PST)/ 4pm(MST) Equipment Strength Katie	
4pm(PST)/ 5pm(MST) Tabata Katie	4pm(PST)/ 5pm(MST) Core & More Brittany	4pm(PST)/ 5pm(MST) Outdoor Bootcamp Katie/Ila	4pm(PST)/ 5pm(MST) Tabata Ila	

CLASS DESCRIPTIONS

All classes will be taught via Zoom, please find the links within the calendar above. When it is time for class, using your **personal device**, click on the link and open the meeting notice, let staff know if you need a call-in number for audio only.

15 Minute Breaks:

Meditation 15-minute break to relax and relieve stress with a guided meditation break.

Stretch 15-minute break for stretching and movement, this time is meant to get you up out of your chair and get the blood flowing so you can go back to your work refreshed.

30 Minute Breaks:

Coffee & Chat 30-minute break to allow for some virtual socialization, topics will vary on health and wellness topics, but discussions are encouraged to be open ended.

Core and More 30-minute to improve core strength and help reduce low back pain by focusing on fundamental and functional exercises. Work all areas of the body from glutes and obliques to legs and arms with bodyweight exercises.

Tabata 30-minute Short, sweet, and sweaty. Work at a high intensity pace all exercises are performed for 20 seconds followed by 10 seconds of rest, followed by a short recovery period for 8 rounds!

45 Minute Breaks:

Body Weight Bootcamp 45-minute class to work up a sweat, build strength and improve aerobic fitness doing only body weight exercises (no equipment needed).

Equipment Strength 45-minutes involves performing exercises with heavier weights and lower repetitions (8-12 reps per exercise). May use dumbbells, kettlebells, resistance bands or anything you can find at home.

Outdoor Bootcamp 45-minutes take the workout outdoors and get some fresh air while getting your heart rate up using creative routines meant for endurance and strength.

BOULDER STAFF:

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