



*Even better*

# WORKDAY WORKOUTS



## SIGN UP FOR CLASSES

**STEP 1** - Download Out-FitNRG on your device.

**STEP 2** - Choose a location.

**STEP 3** - Start booking your fitness classes today!

OUT-FIT **NRG**



## GROUP FITNESS SCHEDULE

**MONDAY - Spin** 5:15pm-6:00pm • KINETIC • 200 Spectrum, Suite 240  
**Yoga** 5:45pm-6:45pm • Conference Room • 20 Pacifica, Suite 150

**TUESDAY - Sunrise Yoga** 6:15am-7:00am • Conference Room • 400 Spectrum, Suite 125  
**Barre** 12:15pm-1:00pm • KINETIC • 200 Spectrum, Suite 240

**WEDNESDAY - Yoga** 12:15pm-1:00pm • KINETIC • 200 Spectrum, Suite 240  
**Bootcamp** 6:00pm-6:45pm • The Commons • 20•40 Pacifica

**THURSDAY - Zumba** 5:30pm-6:15pm • KINETIC • 400 Spectrum, Suite 240

KINETIC is located at 200 Spectrum, 400 Spectrum and 20 Pacifica  
Monday - Friday • 5:00 am - 9:00 pm

If you have questions, please contact the  
Customer Resource Center at 949.453.2330.

worklife