



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