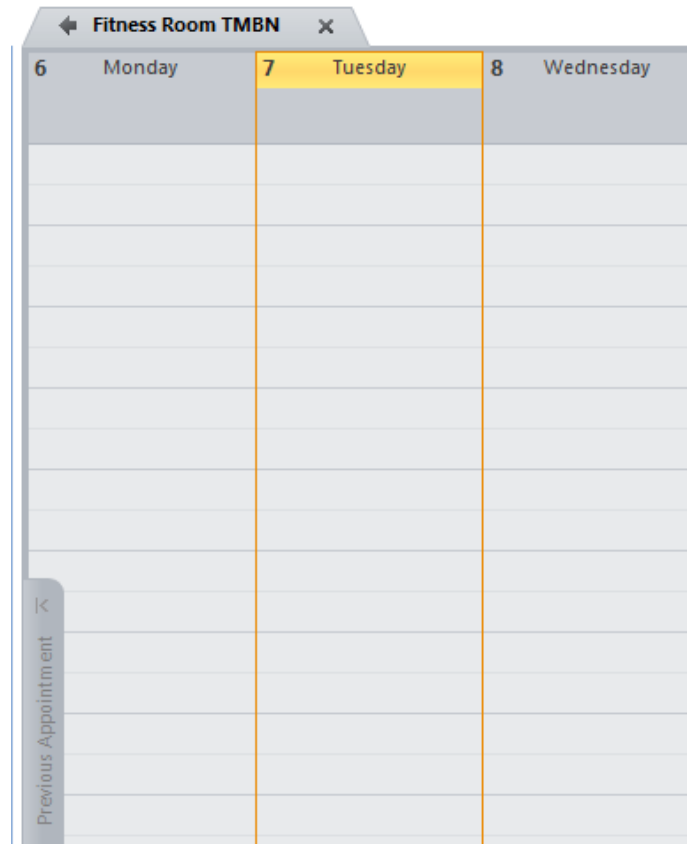


Employee Instructions:

- We encourage group usage of the online classes.
- To reserve a class, you must do so via the Outlook Calendar (Fitness Room TMBN).
- You can reserve a class anytime from 5:00 AM to 8:00 PM, 7 days a week.
- You are required to use the room during your personal time ONLY.
- Please only reserve the room in 2 hour increments or less.
- To ensure everyone has an equal opportunity to take a class, please only reserve up to 3 days a week and two weeks in advance.



Library

Search

Program

Style

Trainer

No Equipment

Duration

Short Medium Long

Difficulty

Easy Medium Hard

Pace

Slow Moderate Fast

DAILY BURN

48 videos with no equipment

Provides a variety fitness classes, ranging from 15 to 60 minutes. This membership provides comprehensive access to an array of different strength building, toning, or weight loss workout videos. The membership also includes nutrition advice, custom meal plans, recipes and nutritional supplements If you're craving a little more sass in your classes. The workout library is a quick and effective tool that helps you find the best video for you based on the length, intensity and type.

- 16 videos between 8 and 20 minutes
- 26 videos between 21 and 31 minutes
- 6 videos between 42 and 51 minutes
- You can also search videos based on the type, trainer








Note: Videos with a key are locked and not part of our subscription.



BEACHBODY was founded in 1998 and their mission is to help people achieve their goals and enjoy healthy, fulfilling lives. They are currently the leading provider of fitness, nutrition and weight-loss programs that deliver results. The founders of this program (Carl Daikeler and Jon Congdon) believe in progress rather than perfection.

Search By Type:





41 Total Videos

 Cardio	 Muscle Building	 Less than 30 min.	
 Slim & Tone	 Dance	 Low Impact	 Yoga

Search By Trainer:

17 Trainers Total

 JOEL FREEMAN	 JERICHO MCMATTHEWS	 VYTAS
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 TONY HORTON	 AUTUMN CALABRESE	 SHAUN T	 CHALENE JOHNSON
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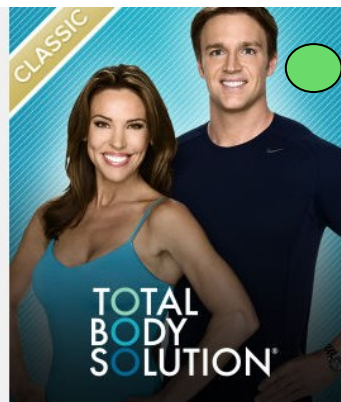
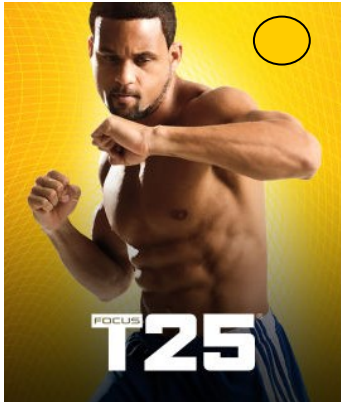
Search By Type:

Less than 30 minutes

 = Beginner

 = Intermediate

 = Advanced



BEACHBODY LIBRARY:

- 21 Day Fix Extreme
- Focus T25
- The Master's Hammer & Chisel
- Body Beast
- P90
- P90X
- P90X2
- P90X3
- TurboFire
- Brazil Butt Lift
- Ten Minute Trainer
- INSANITY
- INSANITY: The Asylum (Volumes 1 & 2)
- INSANITY MAX: 30
- Tony One-on-One (Volumes 1-3)
- Hip Hop Abs
- Tai Cheng
- Rev Abs
- Rockin Body
- Slim in 6
- Turbo Jam
- Shaun T Dance Party
- Total Body Solution
- Yoga Booty Ballet
- Ho' Ala ke Kino
- Power Half Hour
- Great Body Guaranteed
- Get on the Ball
- Power 90 & Project You
- ChaLEAN Extreme, and ChaLEAN Extreme Deluxe.
- NEW 3 Week Yoga Retreat
- FIXATE Cooking Show
- Beachbody Yoga Studio