

Omnicell Fitness and Wellness Program

Effective **August 27, 2018**, Fitness and Wellness Program classes are as follows.
Remember, these sessions are **FREE** to Omnicell employees, so don't hesitate to join us!

F = Flexibility **SM = Stress Management** **C = Cardio** **S = Strength**

Mountain View (Pacific Time):

Monday

10:00–11:00 pm Anti-Desk Yoga (**F, SM**)
11:00–12:00 pm Power Hour (**S, F, C, SM**)
12:00–12:45 pm Women's only weight training and interval workout (**S, F, C, SM**)
4:00–5:00pm Bootcamp (**S, F, C, SM**) with Anita in the Movement Room

Tuesday

9:00–10:00 am Yoga (**F, SM**)
10:00–10:15 am First Floor Stand-up Stretch, Roll and Move (**F, SM**)
10:15–10:30 Open Gym (come in and ask exercise or nutrition related questions)

Wednesday

10:00–11:00 pm Anti-Desk Yoga (**F, SM**)
11:00–12:00 pm Power Hour (**S, F, C, SM**)
12:00–12:45 pm Women's only weight training and interval workout (**S, F, C, SM**)
2:15–2:30 pm On-site consulting/Open

Thursday

9:00–10:00 am Yoga (**F, SM**)
10:00–10:15 am First Floor Stand-up Stretch, Roll and Move (**F, SM**)
10:15–10:30 Open Gym (come in and ask exercise or nutrition related questions)
4:00–5:00 pm Bootcamp (**S, F, C, SM**) with Anita in the Movement Room

Friday

9:30–10:30 am Yoga (**F, SM**)
10:30–11:30 pm Outdoor Power Hour (**S, F, C, SM**)

Milpitas (Pacific Time):

Tuesday

11:00–12:00 am Power Hour (**S, F, C, SM**) with Alicia
11:00–12:00 pm U-Jam (**C**) With Dominique in the Basketball Gym

Wednesday

11:00–12:00 pm U-Jam (**C**) With Dominique in the Basketball Gym

Thursday

11:00–12:00 am Power Hour (**S, F, C, SM**)

Friday

12:00–1:00 pm Power Hour (**S, F, C, SM**) with Alicia