

## Omnicell Fitness and Wellness Program

Effective **December 10, 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

10:30–11:30 am      Yoga (**F, SM**)  
11:30–12:30 pm      Power Hour (**S, F, C, SM**)  
12:30–1:30 pm      Anti-Desk Yoga (**F, SM**)  
1:30–2:15 pm      Women's only weight training and interval workout (**S, F, C, SM**)  
2:15–2:30 pm      On-site consulting/Open Gym  
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)  
4:00–5:00 pm      U-Jam (**C**) with Anita in the Movement Room

#### Wednesday

10:30–11:30 am      Yoga (**F, SM**)  
11:30–12:30 pm      Power Hour (**S, F, C, SM**)  
12:30–1:30 pm      Anti-Desk Yoga (**F, SM**)  
1:30–2:15 pm      Women's only weight training and interval workout (**S, F, C, SM**)  
2:15–2:30 pm      On-site consulting/Open Gym

#### 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