

EOLA GROUP EXERCISE SCHEDULE

MARCH 4 - MAY 26, 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 a.m.	Cycle <i>Pete</i>	Rise n' Ripped Bootcamp <i>Kerry / Lee</i>	Cycle <i>Beth</i>	Rise n' Ripped Bootcamp <i>Kerry / Lee</i>	Cycle <i>Pete</i>		
7 a.m.					Sunrise Yoga ▶ <i>Priti</i>		
7:30 a.m.						Zumba® <i>Tina</i>	
8 a.m.		Fit For All <i>Joan</i>		Fit For All <i>Joan</i>			Pilates Mat <i>Charis</i>
8:30 a.m.						Step & Sculpt <i>Laura</i>	
9 a.m.	Upper Body Blast ■ <i>Laura</i>	Core ■ <i>Joan</i>	Strong Body Blast ■ <i>Kim</i>	Total Legs ■ <i>Joan</i>	Glutes & Guts ■ <i>Laura</i>		Alignment-Based Yoga ▶ <i>Lynda</i>
9:30 a.m.	Step & Sculpt <i>Laura</i>	Total Body Sculpt <i>Joan</i>	Step <i>Kim</i>	Zumba® <i>Tina</i>	Interval Training <i>Laura</i>	Cycle <i>Beth</i>	
10:30 a.m.	Alignment-Based Yoga ▶ <i>Lynda</i>	Zumba® <i>Tina</i>	Alignment-Based Yoga ▶ <i>Lynda</i>	Pilates <i>Tina</i>	Yoga Basics <i>Lynda</i>	Strong Core Fitness Flow <i>Beth</i>	Tabata ◆ <i>Andrea</i>
11:30 a.m.					Zumba® <i>Maribeth</i>		
Noon	Zumba® <i>Tina</i>		Zumba® <i>Thandeka</i>				
4 p.m.			Gentle Pilates & Restorative Yoga <i>Judy</i> ▶				
4:30 p.m.	Pilates <i>Shali</i>						
5 p.m.				HIIT Cardio & Strength ■ <i>Shali</i>			
5:30 p.m.		Cycle ◆ <i>Rotation</i>		Core & More ■ <i>Shali</i>			
6 p.m.	The 15's <i>Tina</i>		The 15's <i>Magda</i>	Cycle <i>Pete</i>			
6:15 p.m.		Tabata ◆ <i>Magda</i>					
7 p.m.	Zumba® <i>Tina</i>	Hatha Yoga ▶ <i>Neeta</i>	Zumba <i>Charis</i>	Pilates Mat <i>Charis</i>			

Alignment-based Yoga: This multi-level yoga class will use Iyengar/alignment-based methods, incorporating a variety of movements and poses while focusing on alignment of the bones and the entire body. Each class will have a specific theme and objective, suitable for a variety of fitness levels.

Core: Trunk stabilization is the key to healthy back and strong abdominals in this workout.

Core & More: Build a strong, healthy core and improve flexibility through a series of core, strength and stretching exercises.

Cycle: No exercise background is necessary. Group cycle is designed for any fitness level.

Fit for All: This class uses various forms of resistance and exercise throughout the workout to challenge your body and your brain. Shape and define every muscle in your body.

Gentle Pilates & Restorative Yoga: Slow, gentle core work with an emphasis on building strong bones, a healthy spine and greater pelvic stability will start the class. Restorative yoga will bring students into a state of body awareness, deep relaxation and stress release.

HIIT Cardio & Strength: This class alternates between brief high-intensity cardio and strength exercises to achieve fast, dramatic fitness results.

Interval Training: This class is designed to elevate heart rate and recover repeatedly to build cardiovascular endurance.

Pilates Mat: Using a floor mat and small props, this class focuses on basic Pilates principles: core strength, flexibility, breath control and correct alignment. Modifications will be offered to suit each student's individual needs.

Rise n' Ripped Bootcamp: This class is designed to improve your cardio health, strength, endurance, balance and flexibility. A variety of exercises and equipment will be used to create challenging workouts that are different from one class to the next.

Step: This cardiovascular workout includes step patterns for all levels.

Step & Sculpt: This class combines segments of classic choreographed step routines with strength intervals to create a full-body cardio and strength workout.

Strong Body Blast: Improve your strength, muscular endurance and body composition in this 30-minute, fast-paced strength class.

Strong Core Fitness Flow: This energizing class synchronizes vinyasa flow yoga inspired poses with the breath. Extra focus will be placed on the back and abdominals to strengthen and tone this key area of the body. Bring water and be ready to sweat!

Tabata: Tabata interval training is one of the most effective types of high intensity interval training. Through a variety of simple, yet intense timed exercises, each class will blast the calories and provide noticeable results in a short amount of time.

The 15's: This 45-minute class will be consisting of 15 minutes of cardio, 15 minutes of strength training and finally a 15 minutes of core training. This is a great class for a total body workout.

Total Body Sculpt: This class will work a variety of muscles using hand weights and more, creating an effective total body sculpting workout designed to increase your strength and improve your overall fitness.

Total Legs: This class features nothing-but-legs strength training for all levels.

Upper Body Blast: Get a strong, toned upper body in this challenging strength training class. All upper body muscle groups will be targeted using a variety of equipment.

Yoga Basics: Learn the fundamentals of yoga. This class focuses on alignment, stretching and breathing through poses appropriate for beginners. No previous experience required.

Zumba®: Join the party! Zumba involves dance and aerobics performed to energetic music. Choreography includes hip-hop, soca, samba, salsa, merengue and mambo.

Is class still on?
Real-time alerts & updates!

1. Go to **rainoutline.com**
2. Search for Fox Valley Park District
3. Select "Eola Group Exercise"
4. Select "Email & Text Alerts"

Need assistance?
Visit Eola Fitness Center for a staff member to help get you signed up!

Or download the app and select the bell icon for push notifications!

CLASS DIFFICULTY LEVELS:

Classes are designed for all skill levels. Impact and intensity options are taught so participants can work at their own level. Instructors are professionally certified to provide a safe and enjoyable exercise experience.

CLASS FORMAT INFORMATION:

Unmarked classes are one hour in length.

- 30-minute class
- ▶ 75-minute class
- ◆ 45-minute class
- 💰 Fee-based class

PLEASE NOTE:

Class scheduled may be altered based on participation. Classes are intended for participants ages 16 & up. Participants under the age of 16 need instructor approval and must be accompanied by a participating guardian.

FOR QUESTIONS OR INPUT, PLEASE CONTACT:

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