

GROUP EXERCISE



EOLA COMMUNITY CENTER • MARCH 28 - JUNE 6

CLASSES HELD IN GROUP EXERCISE STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 a.m.	Cycle Pete	Rise and Shine Cardio Chisel Kerry/Lee	Cycle Beth	Rise & Grind Beth			
7:30 a.m.						Zumba Thandeka	
8 a.m.	Chisel Thandeka						
8:45 a.m.						Step & Sculpt Laura	
9 a.m.		AMPD Fusion Charis		Tabata Maribeth			Alignment-based Yoga ▶ Lynda
9:15 a.m.	Step & Sculpt Laura		The 15's Laura		Cardio Chisel Laura		
10 a.m.						Alignment-based Yoga ▶ Dipty	
10:30 a.m.	Alignment-based Yoga ▶ Lynda		Alignment-based Yoga ▶ Lynda		Yoga Basics Lynda		
5:30 p.m.	Barre Nickole	Tabata Magda	Fab & Fit Nickole *starts 4/6	Zumba Charis			
7 p.m.	Zumba Charis		Zumba Thandeka	Align and Breath Yoga ▶ Dipty			
8 p.m.	Pilates Mat ■ Charis						

CLASS FORMAT INFORMATION:

Unmarked classes are one hour in length.

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

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Align and Breath Yoga: Align movement with breath, noticing the finer points and actions of alignment in a posture while quieting the mind. Observe the mind/body/spirit response to posture practice to adjust and accommodate to one's individual needs.

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.

AMPD Fusion: AMPD Fusion gives you three workouts in one! Our AMPD instructors combine strength, cardio, and stretch to create a low impact, full body workout that is accessible for all fitness levels.

Barre: Trim, tighten and tone your entire body. A challenging, but low-impact workout with small, controlled movements, isometric holds and high repetition. All levels welcome.

Chisel: A strength training class using compound movements to provide a full body workout using a variety of equipment. No two classes are alike!

Cardio Chisel: An energizing cardiovascular and strength workout designed to sculpt and tone your body using a variety of weights and equipment.

Cycle: A great non-impact cardiovascular workout designed for any fitness level. No experience needed!

Fab & Fit: A full body workout for beginners or for the total workout beast. The class is designed as an interval format that allows for both strength and cardio all in one hour!

Pilates Mat: Traditional mat class designed to work the body's core, or powerhouse, to improve flexibility and strength.

Step & Sculpt: Simple, heart-pumping step aerobics routines combine with strength intervals to give you a complete cardio and weights workout. An excellent cross-training class for all skill and fitness levels.

Tabata: Tabata interval training is one of the most effective types of high intensity. 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 15s: 15 minutes of cardio, 15 minutes of strength and 15 minutes of core training for a fitness-packed total-body workout.

Yoga Basics: Learn the fundamentals of yoga postures, focusing on proper alignment, stretching, and breathing through poses appropriate to beginners. No previous yoga training required!

Zumba®: Ditch the workout and join the party! Zumba is a fun cardio workout with easy-to-follow dance steps inspired by Latin rhythms, featuring "sizzling" south-of-the border moves that are "spicy hot!" Dancer or not, burn calories, work up a sweat and have a great time doing it!