

GROUP EXERCISE



EOLA COMMUNITY CENTER • SEPT. 14 - NOV. 29, 2020

CLASSES HELD IN GROUP EXERCISE STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 a.m.	Cycle Fusion <i>Beth</i>						
7 a.m.	Step & Sculpt <i>Laura</i>				Step & Sculpt <i>Laura</i>		
7:30 a.m.							Zumba <i>Thandeka</i>
8 a.m.			Cardio Chisel <i>Laura</i>				
8:45 a.m.							Cycling ♦ <i>Jen/Beth</i>
9 a.m.		Fit for All <i>Tina</i>		Cycle Fusion <i>Tina</i>			Alignment-based Yoga ▶ <i>Lynda</i>
10 a.m.							Alignment-based Yoga ▶ <i>Chitra</i>
10:30 a.m.	Alignment-based Yoga ▶ <i>Lynda</i>		Alignment-based Yoga ▶ <i>Lynda</i>		Yoga Basics <i>Lynda</i>		
12 p.m.	Zumba <i>Tina</i>		Zumba <i>Thandeka</i>		Zumba <i>Thandeka</i>		
5:30 p.m.		Tabata <i>Magda</i>					
6 p.m.	Align & Breathe <i>Dipty</i>						
7 p.m.	Zumba <i>Tina</i>	Hatha Yoga <i>Neeta</i>	Zumba <i>Charis</i>				

CLASS FORMAT INFORMATION:

Unmarked classes are one hour in length.

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

GROUP EXERCISE AT EOLA

COVID-19 SCREENING

Have you or a member of your household experienced:

- A fever of 100.4°F or higher in the last 14 days?
- Contact with anyone diagnosed with COVID-19 in the last 14 days?
- Any body aches or fatigue that can't be explained?
- An unexplained cough or sore throat?
- A persistent headache in the last 48 hours?

If member has symptoms, they should wait to enter premises until they have been fever-free for at least 72 hours, symptoms have improved and at least 10 days have passed since symptoms first appeared.

Align & Breathe Yoga: Experience a calm and conscious mind with breath-focused Pranayama meditation and Iyengar/alignment-based methods. This class incorporates breathing and movement while focusing on alignment of the entire body. All levels welcome.

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.

Body Blitz: Take on this challenging full-body workout to improve your strength, cardiovascular health and overall fitness ability using a variety of equipment and exercises ranging from traditional strength movements to compound cardio conditioning exercises.

Body Fusion: This total-body workout fuses exercises for core and seat work done at the barre and on the mat which will strengthen and tone your muscles, with complementary yoga postures which will lengthen and define.

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

Cycle Fusion: This unique class combines cycling and strength training by using bodyweight and light resistance equipment to improve endurance and tone your body.

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

Fit for All: This class will focus on cardiovascular health, strength, balance and flexibility. Various equipment and exercises will be used to create different workouts each class that are sure to challenge your body and brain.

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.

Glutes & Guts: Shape, sculpt and strengthen your core, booty, hips and legs in this 30-minute class.

Hatha Yoga: Suitable for all levels. Follow a carefully balanced sequence of breath-guided postures that teach alignment.

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

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

Strong Body Circuit: Stations are set up and intended to give a full-body workout! A variety of music, equipment and movements are combined to create a unique, challenging workout every class.

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!