

# GROUP EXERCISE

EOLA COMMUNITY CENTER • SEPT. 7 - NOV. 28

CLASSES HELD IN GROUP EXERCISE STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 a.m.	Cycle Pete		Cycle Pete				
7:30 a.m.						Zumba Thandeka	
8 a.m.	Upper Body Chisel Beth / Thandeka		Lower Body Chisel Beth / Thandeka				
8:45 a.m.						Cycle ♦ Jen / Beth	
9 a.m.		AMPD Fusion Tina Barre* Nickole		Cycle Fusion Tina			Alignment-based Yoga ▶ Lynda
9:15 a.m.	Step & Sculpt Laura		Zumba Charis		Cardio Chisel Laura		
10 a.m.						Alignment-based Yoga ▶ Chitra	
10:30 a.m.	Alignment-based Yoga ▶ Lynda		Alignment-based Yoga ▶ Lynda		Yoga Basics Lynda		
12 p.m.	Zumba Tina						
5:30 p.m.	Barre Nickole	Tabata Magda / Thandeka	Cycle Fusion Nickole	Align & Breathe Yoga Dipty			
7 p.m.	Zumba Tina		Hatha Yoga Neeta	Pilates Charis			

## CLASS FORMAT INFORMATION:

Unmarked classes are one hour in length.

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

\*Barre class is held in the dance studio

# 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.

**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 with an emphasis on defining your glutes and legs. Barre is a challenging, but low-impact workout with small, controlled movements, isometric holds and high repetition. All levels welcome.

**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.

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

**Lower Body Chisel:** Strength workout designed to sculpt and tone your lower body using a variety of weights and equipment. All levels welcome.

**Pilates:** 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 training intervals to give you a complete cardio and weights workout. This is 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.

**Upper Body Chisel:** Strength workout designed to sculpt and tone your upper body using a variety of weights and equipment. All levels welcome.

**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!