

GROUP EXERCISE



EOLA COMMUNITY CENTER • NOV. 29 - JAN. 30

CLASSES HELD IN GROUP EXERCISE STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 a.m.	Cycle Pete	Rise & Grind Kerry/Lee	Cycle Pete				
7:30 a.m.						Zumba Thandeka	
8 a.m.	Upper Body Chisel ♦ Thandeka		Lower Body Chisel ♦ Thandeka				
8:30 a.m.						Express Cycle ■ Jen/Beth/Nickole	
9 a.m.		AMPD Burn Tina	AMPD Fusion Tina	Cycle Fusion Tina			Alignment-based Yoga ▶ Lynda
9:15 a.m.	Step & Sculpt Laura				Cardio Chisel Laura	Express Core ■ Jen/Beth/Nickole	
9:30 a.m.							
10 a.m.						Alignment-based Yoga ▶ Chitra	
10:30 a.m.	Alignment-based Yoga ▶ Lynda		Alignment-based Yoga ▶ Lynda		Yoga Basics Lynda		
5:30 p.m.	Barre Nickole	Tabata Magda	Cycle Fusion Nickole	Zumba Charis			
7 p.m.	Zumba Tina		Zumba Thandeka	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.

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 Burn: AMPD Burn combines Barre inspired movements, elements of strength training and great music. Low impact, full body workout that provides results and great for all 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.

Express Core: Take 25 or 30 minutes to tone and refine your CORE—abs, lower back and glutes

Express Cycle: Want to burn countless calories in just 30 minutes? This class will get your day off to an express start with jumps, sprints, flats and climbs. Zero impact, fat burning cardio!

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!