

GROUP EXERCISE



EOLA COMMUNITY CENTER • JUNE 7 - AUGUST 15

CLASSES HELD IN GROUP EXERCISE STUDIO

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------------|---|---|---|--|----------------------------------|---|---|
| 5:30 a.m. | | Rise and Shine Cardio Chisel <i>Kerry</i> | Cycle <i>Pete</i> | Rise and Shine Cardio Chisel <i>Pete</i> | | | |
| 7:30 a.m. | | | | | | Zumba <i>Thandeka</i> | |
| 8:45 a.m. | | | | | | Step & Sculpt <i>Laura</i> | |
| 9 a.m. | | Fit for All <i>Charis</i> | | Tabata <i>Maribeth</i> | | | Alignment-based Yoga ▶ <i>Lynda</i> |
| 9:15 a.m. | Step & Sculpt <i>Katie</i> | | The 15's <i>Paula</i> | | Cardio Chisel <i>Thandeka</i> | | |
| 10 a.m. | | | | | | Alignment-based Yoga ▶ <i>Dipty</i> | |
| 10:30 a.m. | Alignment-based Yoga ▶ <i>Lynda</i> | | Alignment-based Yoga ▶ <i>Lynda</i> | | Yoga Basics <i>Lynda</i> | | |
| 5:30 p.m. | Barre <i>Nickole</i> | | Fab & Fit <i>Nickole</i> | Zumba <i>Maribeth</i> | | | |
| 7 p.m. | Zumba <i>Charis</i> | | Zumba <i>Thandeka</i> | Align and Breathe Yoga ▶ <i>Dipty</i> | | | |
| 8 p.m. | Pilates Mat ■ <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

Align and Breathe 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.

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.

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!

Fit for All: This class gives you three workouts in one! We combine strength, cardio, and stretch to create a low impact, full body workout that is accessible for all fitness levels.

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!