

# GROUP EXERCISE



EOLA COMMUNITY CENTER • AUGUST 16 - OCTOBER 16

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>			
7:00 a.m.	Cycle <i>Nickole</i>						
7:30 a.m.						Cycle <i>Amy</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>Laura</i>		The 15's <i>Laura</i>		Cardio Chisel <i>Laura</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>		
11:30 a.m.						Zumba <i>Thandeka</i>	
5:30 p.m.	Barre <i>Nickole</i>	Tabata <i>Magda</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:** Endurance and strength rides combine for a vigorous workout burning calories and keeping your muscles toned. Whether you are training for a triathlon or riding for cardiovascular health, this class is sure to get you there. All levels are welcome. Remember to bring a towel and water bottle!

**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!