

# GROUP EXERCISE



EOLA COMMUNITY CENTER • AUGUST 14 - OCTOBER 22

CLASSES HELD IN GROUP EXERCISE STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 a.m.	<b>Cycle</b> Nickole	<b>Sunrise Yoga Strength</b> Dipty		<b>Rise and Shine Chisel</b> Nickole			
7:30 a.m.						<b>Zumba</b> Thandeka	
8:45 a.m.						<b>Step &amp; Sculpt</b> Laura	
9 a.m.		<b>Pedal &amp; Pump</b> Charis		<b>Tabata</b> Paula			<b>Alignment-based Yoga ▶</b> Lynda
9:15 a.m.	<b>Step &amp; Sculpt</b> Laura		<b>The 15's</b> Laura		<b>Cardio Chisel</b> Laura		
10 a.m.						<b>Alignment-based Yoga ▶</b> Chitra	
10:30 a.m.	<b>Alignment-based Yoga ▶</b> Lynda		<b>Alignment-based Yoga ▶</b> Lynda		<b>Yoga Basics</b> Lynda		
5:30 p.m.	<b>Barre</b> Nickole	<b>Raise the Bar</b> Magda	<b>Fab &amp; Fit</b> Nickole	<b>Zumba</b> Thandeka			
7 p.m.	<b>Zumba</b> Charis	<b>Yoga Basics</b> Neeta (Held in room 110)	<b>Zumba</b> Thandeka	<b>Align and Breathe Yoga ▶</b> Dipty			
8 p.m.	<b>Pilates Mat ■</b> Charis						

## 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!

**Pedal & Pump:** Designed to give you a full-body workout that will leave you feeling energized and strong. Enjoy two, 20-minute sessions of intense cycling on our new, ICG stationary bikes, interspersed with targeted strength and core work to tone and sculpt your muscles. Your expert instructor will guide you and push you to achieve your personal best while helping you to stay motivated every step of the way! Come to class ready to pedal, pump and transform your body!

**Pilates:** Traditional mat class designed to build strength and muscle tone, enhance balance and mobility and bring the body into harmony. The variety of exercises target all major muscle groups, but they are designed to particularly work the body's core – or "powerhouse". The core includes the superficial and deep muscles of the abdomen, lower back and hips. This core muscle group connects and stabilizes the upper and lower body and promotes optimal functioning of the two halves together.

**Raise the Bar:** This multi-level class uses the barbell as a primary resistance tool, to improve your muscular strength and endurance. Balance and coordination will also be challenged when moving through all planes of motion using multi-joint, functional and compound exercises.

**Rise & Shine Chisel:** A no nonsense total body strength training class for all levels designed to tone muscles and increase bone density. You will leave class feeling accomplished and ready to take on your day!

**Rise and Shine Yoga Strength** incorporates weights into your morning yoga routine for a great way to boost stability and strength. This low to medium intensity yoga class is designed to build muscle and core strength with stability using weights. Benefits includes increased strength, flexibility, and balance, leaving you feeling more energized!

**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.

**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!

**Rise and Shine!** Incorporating weights into your morning yoga routine can be a great way to boost stability and strength. This low to medium intensity Yoga class is designed to build muscle and core strength with stability using weights. Benefits includes increased strength, flexibility, and balance to help you energize your day.