

# GROUP EXERCISE



EOLA COMMUNITY CENTER • AUGUST 13 - OCTOBER 21

CLASSES HELD IN GROUP EXERCISE STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 a.m.	<b>Cycle</b> Nickole			<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>Pilates Mashup</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				
6 p.m.				<b>Zumba</b> Thandeka			
7 p.m.	<b>Zumba</b> Charis		<b>Zumba</b> Thandeka	<b>Align and Breathe Yoga ▶</b> Dipty			
8 p.m.	<b>Strength &amp; Stretch Express ■</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 Mashup:** The basics of Pilates, plus added strength and balance elements combined in this challenging but low impact class. Trim and tone your entire body while focusing on the core to improve overall flexibility & strength.

**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!

**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.

**Strength & Stretch Express:** Increase overall strength and flexibility. Achieve a stronger core in less time! Class will finish with a much-needed stretch!

**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!