

# GROUP EXERCISE

## EOLA COMMUNITY CENTER • MARCH 26 - MAY 1

\*\*Group Exercise Room is closed for floor refinishing from March 26 - April 8, 2025.

\*\* No strength training equipment can be used in the room until May 2, 2025

\*\*Only Zumba and Yoga will be held in the group exercise room from April 9 - May 1, 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30 a.m.						<b>Zumba</b> Thandeka <b>Room 104</b> March 29 & April 5 <b>Group Ex Rm</b> April 12-26	
8:45 a.m.						<b>Step &amp; Sculpt</b> Laura <b>South Gym</b> March 29-April 5	
9 a.m.		<b>Pump</b> Charis <b>South Gym</b> April 1-29		<b>Pilates Mashup ▶</b> Paula <b>South Gym</b> March 27-May 1			<b>Alignment-based Yoga ▶</b> Lynda <b>Room 104</b> March 30 & April 6 <b>Group Ex Room</b> April 13-27
9:15 a.m.	<b>Step &amp; Sculpt</b> Laura <b>South Gym</b> March 31-April 28		<b>The 15's</b> Laura <b>South Gym</b> March 26-April 30		<b>Cardio Chisel</b> Laura <b>South Gym</b> March 28-April 25		
10 a.m.						<b>Alignment-based Yoga ▶</b> Chitra <b>Group Ex Room</b> April 12-26	
10:30 a.m.	<b>Alignment-based Yoga ▶</b> Lynda <b>Room 104</b> March 31 & April 7 <b>Group Ex Room</b> April 14-28		<b>Alignment-based Yoga ▶</b> Lynda <b>Room 104</b> March 26 & April 2 <b>Group Ex Room</b> April 9-30		<b>Yoga Basics</b> Lynda <b>Room 104</b> March 28 & April 4 <b>Group Ex Room</b> April 11-25		
5:30 p.m.		<b>Raise the Bar</b> Madga <b>Room 104</b> April 8-29					
6 p.m.				<b>Zumba</b> Thandeka <b>Room 104</b> March 27 & April 3 <b>Group Ex Room</b> April 10-May 1			

### 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

**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.

**Cardio Chisel:** An energizing cardiovascular and strength workout designed to sculpt and tone your body using a variety of weights and equipment.

**Pump:** Designed to give you a full-body workout that will leave you feeling energized and strong. Enjoy 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 transform your body!

**Pilates Mashup:** This Pilates class includes added strength and balance elements for a challenging but low impact workout. Trim and tone your entire body while focusing on core strength. The end of class is devoted to flexibility with mindful stretching.

**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.

**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!