

# EATON AREA COMMUNITY CENTER FALL 2017 FITNESS CLASS DESCRIPTION

Effective August 1<sup>st</sup> – December 23<sup>rd</sup>

**After Hours Toning** Strength training workout that combines weights with agility, flexibility and cardiovascular conditioning. Designed to reshape muscles while targeting your entire body, this class is perfect for beginning and intermediate students who want a sculpted lean physique. Advanced are welcome! *High Impact, Light to Moderate Intensity.*

**Beginner Cycling / Cycling Express / Indoor Cycling** Take a ride inside and work on your cardiovascular endurance and efficiency on a bike. This class is designed to accommodate a variety of fitness levels and will help you burn fat and calories, all while having fun! Class will include intervals, sprints, climbs and flat riding as you control the resistance and speed so you can build up your fitness level over time. Water bottles and sweat towels are recommended! *Low Impact, Moderate-High Intensity.* \*Requires a pass 30 minutes prior to class, maximum 10 people.\*

**Body Circuit** This 50-minute full body workout uses a variety of body weight and strength training exercises to keep you motivated while improving your overall fitness. By training with a variety of movements, this workout will give you an increased range of strength, balance, and core to help tone the body. Appropriate for all fitness levels. *High Impact, Moderate-High Intensity.*

**Country Heat LIVE** Country Heat LIVE is the country dance inspired workout that's unlike any other work out you've tried. Packed with your favorite country hits and simple steps, each class is a fun-filled, calorie scorching good time. Packed with simple moves, country inspired jams and non-stop calorie burn, you'll work up a sweat in no time at any fitness level. *Medium-High Impact, Medium-High Intensity.*

**Forever Fit** A class for the active adult population which improves on mobility, strength, balance, flexibility, and endurance through a safe, effective, and fun exercise programs. *Low Impact, Moderate Intensity.*

**HIIT** A fast paced cardio workout focusing on high intensity interval training. The benefits of HIIT include improved athletic capacity, metabolism and fat burning. *High Impact, High Intensity.*

**Silver Sneakers® Classic** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers® ball are offered for resistance. A chair is available if needed for seated or standing support. *Low Impact, Moderate Intensity.*

**\*Tai Chi** Tai Chi is the art and study of appropriate change in response to outside forces. The soft, gentle, movements promote health in every part of the body circulating and balancing internal energy. These movements can be done by anyone regardless of age or physical condition. Health benefits include stress reduction, increased flexibility, balance, strength inner peace and improved health. *Low Impact, Low Intensity.* 4 classes for \$25. (Sessions are monthly, check online for dates.)

**TABATA** A form of high intensity interval training that consists of an exercise that is performed for twenty seconds followed by ten seconds of rest for eight rounds for a total of 4 minutes. This 30-minute class will utilize compound movements which will melt the calories away, push your limits and exceed your expectations! *Medium-High Impact, Medium-High Intensity.*

**Turbo Kick™** Become a total knockout with the ultimate cardio-kickboxing party! Get hooked on the Turbo high! With cardio kickboxing and body-sculpting dance moves choreographed to the hottest music mixes, you'll get lean and toned—and have a blast doing it! It's high intensity, fast-paced, and totally fun! *High Impact, High Intensity.*

**\*TRX Suspension** Come try our custom TRX suspension training bars that are integrated into the ceiling, developed for workouts geared to develop strength, balance, flexibility and core stability all at once. Unique to EAPRD! This class uses a progressive format using TRX straps, body weight and free weight exercises, which all contribute to excellent cross training experience! All levels welcome. *Low to High Impact, Low to High Intensity.* 4 classes for \$25, 8 classes for \$45. (Sessions are monthly, check online for dates.)

**Yoga/Sunrise Yoga** Center the mind & body by using breathing exercises, physical poses to circulate the blood & gain strength, balance and flexibility. Yoga practice will assist in creating a healthy body and peaceful mind. All are welcome. *Low Impact, Low to Moderate Intensity.*

**Zumba** Zumba takes the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. No dance skills required! Fitness shoes with low traction soles are highly recommended but also not required. *Low to Moderate Impact, Low to Moderate Intensity.*