



FITNESS CLASS SCHEDULE [JUNE 2018]

**All class passes will be available 30 minutes prior to class. One pass per attendee and you must be present.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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[MORNING CLASSES]

5:15am - 6:05am (FS) HIIT - Diane	5:15am - 6:05am (FS) Indoor Cycling - Diane	5:15am - 6:05am (FS) HIIT - Diane	5:15am - 6:05am (FS) TACTIX - Brenda	5:15am - 6:05am (FS) TACTIX - Brenda	
8:30am - 9:00am (FS) Tabata - Tanner	6:00am - 6:50am (SR) Sunrise Yoga - Vickie	8:30am - 9:00am (FS) Tabata - Tanner	6:00am - 6:50am (SR) Sunrise Yoga - Vickie	8:30am - 9:20am (FS) Body Circuit - Jacob	7:30am - 8:20am (GE) R.I.P.P.E.D. - Lydia/Kristin
9:00am - 9:50am (GE) Forever Fit - Chrissie	8:30am - 9:20am (FS) **TRX - Michelle S.	9:00am - 9:50am (GE) Forever Fit - Chrissie	8:30am - 9:20am (FS) **TRX - Michelle S.	9:00am - 9:50am (GE) Forever Fit - Chrissie	
9:10am - 10:00am (FS) Indoor Cycling - Lydia		9:10am - 10:00am (FS) Indoor Cycling - Lydia			9:30am - 10:20am (FS) Body Circuit - Jacob
10:00am - 10:50am (SR) Yoga - Chrissie		10:00am - 10:50am (SR) Yoga - Chrissie		10:00am - 10:50am (SR) Yoga - Chrissie	
10:00am - 10:50am (GE) SilverSneakers® Classic - Jacob	10:00am - 10:50am (GE) SilverSneakers® Classic - Chrissie	10:00am - 10:50am (GE) SilverSneakers® Classic - Jacob	10:00am - 10:50am (GE) SilverSneakers® Classic - Chrissie	10:15am - 11:05am (FS) Barre - Stephanie	
	11:00am - 11:50am (SR) Yoga - Chrissie		11:00am - 11:50am (SR) Yoga - Chrissie		

[AFTERNOON CLASSES]

12:00pm - 12:50pm (FS) Barre - Stephanie			
4:30pm - 5:20pm (FS) Indoor Cycling - Lanie		4:30pm - 5:20pm (FS) Indoor Cycling - Lanie	

[EVENING CLASSES]

	5:15pm - 6:05pm (FS) Turbo Kick™ - Dawn			5:00pm - 5:50pm (FS) Indoor Cycling - Lanie
5:30pm - 6:20pm (FS) Nia Dance Fusion - Crystal	5:30pm - 6:20pm (SR) Yoga - Chrissie		5:30pm - 6:20pm (SR) Yoga - Chrissie	
6:30pm - 7:20pm (FS) After Hours Toning - Jonathan	6:30pm - 7:20pm (FS) Country Heat - Michelle C.	6:30pm - 7:20pm (FS) After Hours Toning - Jonathan	6:30pm - 7:20pm (FS) Country Heat - Michelle C.	
7:30pm - 8:20pm (FS) Zumba - Vanessa	7:30pm - 8:30pm (FS) **Cowboy Cha Cha			

KEY

FS - Fitness Studio
 SR - Spruce Room
 GE - Gymnasium East
 ** - Specialty Class

FITNESS CLASS SCHEDULE [JUNE 2018]

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. **High Impact, Light to Moderate Intensity**

BARRE In 50-minutes, you will achieve a full body workout concentrating on many areas we all struggle with the most: hips, thighs, abdominal, and arms. Barre will protect your joints by avoiding jumping and bouncing. Barre has three sections for each class (legs, arms, and core) followed by a stretching section to create long, lean muscles. Barre was designed as a mixture of ballet movements combined with small toning movements that will tighten and tone your full body. **Low Impact, Low to Moderate Intensity**

****TRX** 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 TRX straps, body weight, and free weight exercises which all contribute to excellent cross training experience! **Low to high Impact, Low to high Intensity**

****DD 8 punches/\$45 | 16 punches/\$79** (punches expire 6 months from purchase)
ND 8 punches/\$59 | 16 punches/\$115

BODY CIRCUIT This 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. **Medium 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. **Low-high Impact, Medium-high Intensity**

SILVERSNEAKERS® 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

HITT 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

****COWBOY CHA CHA** is a **4-week** line dance class. This is a fun way to transition from single to couple dancing. In this class we cover dance floor etiquette, how to do the Colorado Cowboy Cha Cha with and without a partner, plus some fun extra move. Beginning and continuing dancers are welcome as well as singles and couples. **Low-Moderate Impact, Low-Medium Intensity** ****DD \$39/person | ND \$49/person**

R.I.P.P.E.D The formula combination of Resistance, Interval, Power, Plyometrics, Endurance, and Diet requires the body to respond to the constantly changing format within the session. Participants of all levels burn, build, and bulletproof their bodies. **Medium-high Impact, Moderate-high Intensity**

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

TACTIX This workout is a perfect blend of martial arts fitness, practical self-defense skills, boot camp intensity, body weight exercises, and metabolic conditioning. The result is a fun, revolutionary workout that burns maximal calories. Please bring your own gloves and a sweat towel, and get ready for an amazing workout! **Medium-High Impact, Medium-High Intensity**

INDOOR CYCLING/EXPRESS CYCLING Take a ride inside and work on your cardiovascular endurance and efficiency. Designed to accommodate a variety of fitness levels, this class 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.*

TURBO KICK™ Become a total knockout with the ultimate cardio kickboxing party! 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!
High Impact, High Intensity

YOGA/SUNRISE YOGA Center the mind and body by using breathing exercises, 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 take the "work" out of the 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! **Low to Moderate Impact, Low to Moderate Intensity**

FOREVER FIT A class for the active adult population (55+) which improves on mobility, strength, balance, flexibility, and endurance through a safe, effective, and fun exercise programs. **Low Impact, Moderate Intensity**

NIA DANCE FUSION Done barefoot to diverse and inspiring music, Nia technique is a unique and invigorating fusion fitness class. Nia draws from dance, martial arts, and healing arts like yoga to create safe, joyful movements that engage your body, mind, spirit, and soul. Nia tones your body while transforming your mind and is more than just a workout. It accommodates all levels of abilities, ages, and moods! **Low Impact, Low to Moderate Intensity**

[QUESTIONS? CALL US 970.454.1070]