



FITNESS CLASS SCHEDULE JANUARY 2018

*Weight Loss Challenge Starting January 20th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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 - Jacob	6:00am - 6:50am (SR) Sunrise Yoga - Vicki	8:30am - 9:00am (FS) TABATA - Jacob	6:00am - 6:50am (SR) Sunrise Yoga - Vicki	8:30am - 9:20am (FS) Body Circuit - Jacob	8:30am-9:20am (FS) Zumba - Andrea
9:00am - 9:50am (GE) Forever Fit - Chrissie	8:30am - 9:20am (FS) **TRX - Michelle	9:00am - 9:50am (GE) Forever Fit - Chrissie	8:30am - 9:20am (FS) **TRX - Michelle	9:00am - 9:50am (GE) Forever Fit - Chrissie	
9:10am - 10:00am (FS) Indoor Cycling - Lanie		9:10am - 10:00am (FS) Indoor Cycling - Lanie			
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		
10:10am - 10:40am (FS) Abs & Stretch - Stephanie	11:00am - 11:50am (SR) Yoga - Chrissie		11:00am - 11:50am (SR) Yoga - Chrissie	10:10am - 10:40am (FS) Abs & Stretch - Stephanie	
AFTERNOON CLASSES					
12:00am - 12:50pm (FS) Barre - Stephanie					
4:30pm - 5:20pm (FS) Indoor Cycling - Lanie		4:30pm - 5:20pm (FS) Indoor Cycling - Lanie	4:30pm - 5:20pm (FS) Country Heat - Michelle		
EVENING CLASSES					
5:30pm - 6:00pm (FS) Body Circuit -Lanie	5:15pm - 6:05pm (FS) Turbo Kick- Dawn	5:30pm - 6:00pm (FS) Body Circuit -Lanie	5:30pm - 6:20pm (FS) Core de Force - Joy	5:00pm - 5:50pm (FS) Indoor Cycling - Lanie	
	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	6:30pm - 7:20pm (FS) After Hours Toning - Jonathan	6:30pm-7:20pm (FS) Zumba - Vanessa		
7:30pm-8:20pm (FS) Zumba - Vanessa		7:30pm-8:20pm (FS) Zumba - Andrea			

KEY:

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

ABS AND STRETCHING Come chisel your core! The first 15 minutes are dedicated to the core and back areas, from shoulders to hips with a variety of exercises and some equipment. The last 15 minutes are dedicated to full body stretching where poses will be held for 30 seconds, focusing on injury prevention, flexibility and athletic performance. Great for all levels. *Low Impact, Low to Moderate Intensity*

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 beginners to intermediate to advanced students who want a sculpted lean physique. *High Impact, Light to Moderate Intensity*

INDOOR 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.

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-High Impact, Moderate-High Intensity*

CORE DE FORCE CORE DE FORCE is a mixed martial arts-inspired workout that is a non-contact, high-energy, total-body sculpting class. It's a high-energy workout, with 3-minute rounds of fight combinations, spikes, and conditioning movements. Participants use the hard-hitting, high-energy music to drive their motivation, but move at their own pace. *Medium-High Impact, Medium-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*

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 program. *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*

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*

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! Get ready to have an amazing workout! *Medium-High Impact, Medium-High Intensity.*

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*

***TRX BOOTCAMP** 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 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* *8 punches for \$45, 16 punches for \$79. (Punches expire 6 months from purchase.)

YOGA/SUNRISE YOGA Center the mind and body by using breathing exercises, poses to circulate the blood and 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*

***NEW BARRE** In 50-minutes, you will achieve a full-body workout concentrating on many areas we all struggle with the most: hips, thighs, abdominals, and arms. Barre is a low impact class that will protect your joints by avoiding jumping and bouncing. Barre has three sections for each class (legs, arms, 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. Come join in on this wonderful class!

****Teacher Substitute Schedule for January ****

January 2nd at 5:15pm, Body Circuit with Lanie

January 4th at 5:30pm, Country Heat with Michelle C.

January 9th at 6:30pm, TACTIX with Brenda

January 11th at 5:15am, Yoga with a Kick with Vickie in the Fitness studio

January 11th at 4:30pm, Turbo Kick with Dawn

January 12th at 5:15am, HIIT with Diane