

EASTSIDE 2016 GROUP EXERCISE SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	CardioFIT 8:15AM	SPINNING (Spinning Studio) 5:45AM		SPINNING (Spinning Studio) 5:45AM		
	SPINNING (Spinning Studio) 8:30 AM	PILOXING 8:30 AM (1/2 hr)	 8:30 AM	 8:30 AM	PILOXING 8:30 AM	 8:15 AM
	 9:15 AM	YOGA/PILATES (Dance room) 8:30 AM	SPINNING (Spinning Studio) 8:40 AM	YOGA/PILATES (Dance room) 8:30 AM	SPINNING (Spinning Studio) 8:40 AM	SPINNING (Spinning Studio) 8:30AM
	YOGA/PILATES (Dance room) 9:30 AM	BALL 9:00AM (1/2 hr)	PIYO STRENGTH 9:20 AM	RIPPED THE ONE STOP BODY SHOCK™ 9:30 AM	 9:35 AM	Yoga/Pilate (Dance room) 9:20 AM
	 10:30 AM	 9:30AM	 10:30 AM	 10:40 AM	YOGA/PILATES STRENGTH (Dance room) 9:35 AM	 9:25 AM
	 4:25 PM	 Yoga 10:35 AM			 10:45 AM	 10:00 AM
 3:45 PM	 5:35 PM	 4:25 PM	 4:25 PM	 4:25 PM		
	SPINNING (Spinning Studio) 5:35 PM	 5:35 PM	 5:35PM	 5:35 PM (1/2 hr)		
	PILOXING 6:45 PM	PIYO STRENGTH 6:45 PM	SPINNING (Spinning Studio) 5:35 PM	CIZE/Country Heat 6:05 PM (1/2 hr)		
	 7:30 AM		Yoga/Pilates (Dance room) 6:45 PM	 6:45 PM		

Begins Sept. 1st, 2016

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A unique blend of standing Pilates, Yoga, and controlled kick-boxing! PILOXING combines the power, speed, and agility of controlled kick-boxing with the beautiful sculpting, toning, and flexibility of Pilates and Yoga into a calorie blasting, core-focused, challenging, and interval cardio workout that tones and shapes the body in only 45 minutes! (40-45 minutes)



Group Power is your hour of power! This 60-minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses and curls, Group Power is for all ages and fitness levels. Discover results, discover Group Power!



The ultimate challenge for your heart and entire body!! This class is complete with intervals of intense heart rate-raising activities, easy to follow combinations and kickboxing-specific strength/endurance training, and a Yoga-like cool down. Top it off with a complete abdominal workout. This is the pinnacle of kickboxing programs. Be ready (60 min.)

Yoga/Pilates

This class takes a unique approach in developing and utilizing a progressive series of combinations, exercises, and variation flows of Pilates and Yoga. It will include some standing poses as well as some floor exercises designed to work the core (mid-section) of the body. (55-60 min.)

***STRENGTH utilizes light dumbbells while doing yoga slowly (60 min.)**



A unique intense cardio workout that is very athletic and challenging. You will utilize the step in different positions and heights in this compelling 60-minute cardio program that strengthens and shapes the lower body. Energetic music and motivating instructors create this intense group exercise experience. Cardio BLAST this way with Group BLAST. (60 min.)



"The One Stop Body Shock" A high energy workout that masterfully combines an easy, yet effective cardiovascular routine interlaced with weights and resistance. It is FUN, challenging, and created for all fitness levels and will produce results!

SilverSneakers - Classic: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance. A chair is used for seated and/or standing support. (45 - 60 min.)



SilverSneakers - Circuit: Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic activity. A chair is offered for support, stretching, and relaxation exercises. (45 - 60 min.)

SilverSneakers - Yoga: YogaStretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity. (45 - 60 min.)



Zumba: Class that features exotic rhythms set to high energy Latin music and international beats. There is no other class like a Zumba Fitness Party! It is easy to do, effective, and totally exhilarating! Get Fit and Ditch the workout and join the party!! (55- 60 min.)



PiYo Strength is a unique ATHLETIC flow of Yoga and Pilates combined to great upbeat music. Get not only your heart moving, your body warm, but also become stronger and leaner. This is a formatted class from Beach Body, the creators of Turbo Kick and Insanity. (60 min.)



POUND is a full body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses Cardio, Pilates, strength movements, plyometrics, and isometric poses. Through continual upper body motion using lightly weighted exercise drumsticks, called Ripstix, you'll turn into a calorie-torching drummer, no experience needed. POUNDING OFF pounds as the GREAT beated songs fly by! (30 min.) Class size is limited to 25 people. FIRST come basis.

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