

**EastSide Centre                      2010                      GROUP                      EXERCISE                      SCHEDULE**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>GROUP POWER</b> <b>5:45 AM</b> JERIE		<b>GROUP POWER</b> <b>5:45 AM</b> KATHIE		<b>GROUP POWER</b> <b>5:45 AM</b> JERIE	
	<b>CardioFit</b> <b>8:15 AM</b> SHERYL	<b>Sculpt 'N Cardio</b> <b>8:30 AM</b> BARBIE	<b>SILVERSNEAKERS</b> <b>Cardio Circuit</b> <b>8:15AM</b> HEATHER	<b>Sculpt 'N Cardio</b> <b>8:30 AM</b> BARBIE		<b>GROUP POWER</b> <b>8:15 AM</b> KATHIE
		<b>YOGA/PILATES</b> <b>(Dance room)</b> <b>8:30 AM</b> JENI		<b>YOGA/PILATES</b> <b>(Dance room)</b> <b>8:30 AM</b> JENI	<b>TURBO KICK!</b> <b>8:30 AM</b> HEATHER & BARBIE	<b>GROUP STEP</b> <b>9:30 AM</b> SHERYL
	<b>GROUP POWER</b> <b>9:15 AM</b> SHERYL	<b>GROUP STEP</b> <b>9:20 AM</b> SHERYL	<b>GROUP POWER</b> <b>9:15 AM</b> BARBIE	<b>GROUP STEP</b> <b>9:20 AM</b> BARBIE	<b>GROUP POWER</b> <b>9:30 AM</b> SHERYL	<b>INTRO TO GROUP</b> <b>EXERCISE</b> <b>10:45 AM</b>
	<b>YOGA/PILATES</b> <b>(Dance room)</b> <b>9:30 AM</b> BARBIE				<b>YOGA/PILATES</b> <b>(Dance room)</b> <b>9:30 AM</b> BARBIE	COME AND LEARN ABOUT THE DIFFERENT GROUP EXERCISE PROGRAMS
	<b>SILVERSNEAKERS</b> <b>Muscular Strength</b> <b>10:30 AM</b> KATHIE & JENNA	<b>SILVERSNEAKERS</b> <b>YogaStretch</b> <b>10:30 AM</b> NITA OR BARBIE	<b>SILVERSNEAKERS</b> <b>Muscular Strength</b> <b>10:30 AM</b> HEATHER & JENNA	<b>SILVERSNEAKERS</b> <b>Cardio Circuit</b> <b>10:30 AM</b> HEATHER	<b>SILVERSNEAKERS</b> <b>Muscular Strength</b> <b>10:45 AM</b> SHERYL & JENNA	
	<b>SILVERSNEAKERS</b> <b>Muscular Strength</b> <b>11:30 AM</b> KATHIE	<b>GROUP POWER</b> <b>12:05 PM</b> JODI	<b>SILVERSNEAKERS</b> <b>Muscular Strength</b> <b>11:30 AM</b> NITA			
	<b>TURBO KICK!</b> <b>4:25 PM</b> NICOLE	<b>GROUP POWER</b> <b>4:25 PM</b> MICHELE	<b>*New COUNTDOWN</b> <b>4:25 PM</b> HEATHER	<b>GROUP POWER</b> <b>4:25 PM</b> MICHELE		
	<b>GROUP POWER</b> <b>5:35 PM</b> BARBIE	<b>TURBO KICK!</b> <b>5:35 PM</b> HEATHER & BARBIE	<b>GROUP STEP</b> <b>5:35 PM</b> KATHIE	<b>TURBO KICK!</b> <b>5:35 PM</b> CLAUDIA		
	<b>GROUP STEP</b> <b>6:45 PM</b> KATHIE	<b>YOGA/PILATES</b> <b>6:45 PM</b> JENI	<b>GROUP POWER</b> <b>6:45 PM</b> STEPHANIE	<b>LATINO BICS</b> <b>6:45 PM</b> JERIE		

**Begins FEBRUARY 1ST , 2010**



**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! (60 min.)

## TURBO KICK!

**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.)



**Discover new heights with Group Step!** Utilizing the step in many positions and heights, this compelling 60-minute cardio program strengthens and shapes the lower body one step at a time. Energetic music and motivating instructors create this spunky group exercise experience. Step this way with Group Step. (60 min.)

## COUNTDOWN

**NEW!**

**NEW!** This class combines short bouts of powerful cardio exercises with intense weight training and calisthenics. A variety of fitness equipment will be utilized. If you loved CardioBLAST, then this class is perfect for you! **BE READY!** (60 min.)



**SilverSneakers - Muscular Strength and Range of Movement:** 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 - Cardio 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 - YogaStretch:** 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.)

SilverSneakers® YogaStretch

## Latinobics **NEW**

Come and experience a Latin-dance based cardio workout. This ultimate fun workout hour will incorporate both high and low impact moves. Top it off with great core (low back and abdominals) strengthening exercises and leave finishing not only re-energized and stronger, but also a little groovy. (60 min.)

## Sculpt 'N Cardio

Yes, that is it. Come and improve your heart health and get the entire body fit. Class will focus on sculpting, toning, and shaping the body while still exercising the heart thus **BURNING FAT!** This class features strength training using a variety of equipment coupled with bouts of exercise in which to increase the heart rate. The step may be utilized. (45 min.)

## CardioFit

Mainly a low impact-aerobic class that is geared for the mature adult and anyone wanting a low impact workout. This class emphasizes a no impact floor routine in order to strengthen the heart. Tools such as hand-held weights, elastic tubing with handles, and a ball may also be utilized in order to increase muscular strength and endurance. A chair may be offered for support, stretching, and relaxation exercises, but not required to be used. This class is the next step up from SilverSneaker Fitness Program classes. All are welcome; EastSide members as well as SilverSneaker members. (45 min.)

**Begins FEBRUARY 1ST , 2010**