

EastSide Centre Group Exercise Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	GROUP POWER 5:45 AM	SPINNING (Spinning Studio) 5:45AM	GROUP POWER 5:45 AM	SPINNING (Spinning Studio) 5:45AM	GROUP POWER 5:45 AM	SPINNING (Spinning Studio) 8:00AM
	CardioFIT 8:15AM	Sculpt 'N Cardio 8:30 AM	SPINNING (Spinning Studio) 7:45AM	Sculpt 'N Cardio 8:30 AM	TURBO KICK! 8:30 AM	GROUP POWER 8:15 AM
	SPINNING (Spinning Studio) 8:30 AM	YOGA/PILATES (Dance room) 8:30 AM	SILVERSNEAKERS Cardio Circuit 8:15AM	YOGA/PILATES (Dance room) 8:30 AM	SPINNING (Spinning Studio) 8:30AM	R.I.P.P.E.D. 9:30 AM
	GROUP POWER 9:15 AM	GROUP STEP 9:20 AM	YOGA/PILATES (Dance room) 8:30 AM	GROUP STEP 9:20 AM	GROUP POWER 9:35 AM	GROUP STEP (Dance room) 9:35 AM
	YOGA/PILATES (Dance room) 9:30 AM		R.I.P.P.E.D. 9:15 AM		YOGA/PILATES (Dance room) 9:35 AM	
	SILVERSNEAKERS Muscular Strength 10:30 AM & 11:35 AM	SILVERSNEAKERS YogaStretch 10:30 AM	SILVERSNEAKERS Muscular Strength 10:30 AM	SILVERSNEAKERS Cardio Circuit 10:30 AM	SILVERSNEAKERS Muscular Strength 10:45 AM	
	TURBO KICK! 4:25 PM	GROUP POWER 4:25 PM	*NEW ZUMBA ! 4:25 PM	GROUP POWER 4:25 PM		
	GROUP POWER 5:35 PM	SPINNING (Spinning Studio) 5:00PM	GROUP STEP 5:35 PM	SPINNING (Spinning Studio) 5:00PM		
	SPINNING (Spinning Studio) 6:00 PM	R.I.P.P.E.D. 5:35 PM	SPINNING (Spinning Studio) 6:00PM	TURBO KICK! 5:35 PM		
	GROUP STEP 6:45 PM	YOGA/PILATES 6:45 PM	GROUP POWER 6:45 PM	R.I.P.P.E.D. 6:45 PM		

EastSide Centre Group Exercise Schedule 2011



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!

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.) PiYo is a combination of Pilates and Yoga exercises. It is athletic based with a vigorous flow. (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.)



"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 - 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

ZUMBA!!

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.)

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.)



a closer look at class schedules

There is no hard and fast rule when it comes to scheduling classes. It is important that you first understand your clientele. Below are a few "helpful hints" to ensure that your programs are successful within your facility.

1. Remember that if members like a class, they will want to do it a couple of times a week. There is nothing worse than hindering a member's progress by having a very limited class schedule. In setting the class times, make sure that members will be able to attend the class at least twice a week (and not two days in a row).
2. BTS programs are marketing opportunities, so give them all the exposure you can. The class needs "air time" to gain maximum visibility.
3. Each program has its own unique "selling points". Use them to your best advantage. For example, BODYPUMP is a great prime time class because it moves traffic away from the crowded strength room floor and into the Group Fitness room. Better still, it will certainly fill a "dead" time slot if you need it to.
4. Don't "overkill" either. Keep a bit of demand for the classes by trying to find a good balance.
5. Try to have an overall feel for how your time table will look in the end and progress slowly towards your goal.

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image usage

On the calendar sheet you have the "Time" column and 7 columns for the days of the week. Each of the blocks within this table is called a cell. Within each one of these cells is where you would enter the information about your classes. If you would like to print a color version of the timetable, then you will need the logos below:



These logos are a little bigger than they appear here since they have been resized within this document. To resize a particular image, click on the image and while holding down the "Shift" key on your keyboard grab the sides of the bounding box around the image to resize it. If you would like to print a black & white version of the timetable, then you will need the logos below (use these if you plan on photocopying your timetables):



To insert these images,

- simply click on the image above (color or black & white)
- go under "Edit" in the menu and click on "Copy"
- go to the cell where you would like to insert this image and single click to select the cell
- go under "Edit" in the menu and click on "Paste"
- resize the image by selecting the image by single clicking on it, then hold down the "Shift" key and resize the image by grabbing the corners of the bounding box around the image.

If the image did not paste in the position where you would have wanted it, simply drag the bounding box to the position where you want the image to be located.

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image usage

To replace the "Jim's Gym" logo with your own or to delete the logo:

- click on the "View" in the above Excel menu items
- select "Header and Footer..."
- in the window that pops up - click on the "Custom Header" button
- in the middle editable window delete the the tag "&[Picture]" and click "OK"

The header image/logo is now gone. To add you own logo,

- click on the "Custom Header" button
- click on the Insert Picture button [the 2nd to last button - the picture on it looks like a mountain]
- browse to the location where the desired picture/logo is and click on the "Insert" button
- click "OK"

To resize this image:

- click on the "Custom Header" button
- click on the middle window where it says "&[Picture]"
- click on the edit picture button [the last button - this button should be right next to the insert picture button]
- now click on the "Size" tab and enter the desired size of the image (you may need to adjust it a few times to get the desired size).