


EASTSIDE 2012 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		SPINNING (Spinning Studio) 8:00AM
	CardioFIT 8:15AM	Sculpt 'N Cardio 8:30 AM		Sculpt 'N Cardio 8:30 AM	*NEW PILOXING 8:45 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) 8:30 AM	Note*****Pi/Yo (Dance room) 9:15 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	R.I.P.P.E.D. 9:30 AM
	YOGA/PILATES (Dance room) 9:30 AM		R.I.P.P.E.D. 9:15 AM		YOGA/PILATES (Dance room) 9:35 AM	ZUMBA ! 10: 45 PM
	SILVERSNEAKERS Muscular Strength 10:30 AM & 11:35 AM	SILVERSNEAKERS YogaStretch 10:30 AM	SILVERSNEAKERS Muscular Strength 10:30 AM		SILVERSNEAKERS Muscular Strength 10:45 AM	
R.I.P.P.E.D 3:00 PM	GROUP STEP 4:25 PM	GROUP POWER 4:25 PM	ZUMBA ! 4 : 25 PM	GROUP POWER 4:25 PM	 EASTSIDE Centre	
*NEW PILOXING 4:00 PM	GROUP POWER 5:35 PM	R.I.P.P.E.D. 5:35 PM	GROUP STEP 5:35 PM	TURBO KICK! 5:35 PM		
	SPINNING (Spinning Studio) 6:00 PM		SPINNING (Spinning Studio) 5:35 PM			
	R.I.P.P.E.D. 6:45 PM	ZUMBA ! 6 : 45 PM		ZUMBA ! 6:45 PM		

TO BEGIN MAY 7th, 2012

EASTSIDE 2012 GROUP EXERCISE SCHEDULE

*NEW PILOXING



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!

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: 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.)

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