








EASTSIDE 2017 GROUP EXERCISE SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	CardioFIT 8:15 AM	SPINNING (Spinning Studio) 5:45 AM		SPINNING (Spinning Studio) 5:45 AM		
	SPINNING (Spin Studio) 8:30 AM	RIPPED THE ONE STOP BODY SHOCK 8:30 AM	 8:15 AM	FUSION! 8:30 AM	PILOXING 8:30 AM	LIFT 8:15 AM
	LIFT 9:15 AM	YOGA/PILATES (Yoga room) 8:30 AM	SPINNING (Spin Studio) 8:40 AM	YOGA/PILATES (Yoga room) 8:30 AM	SPINNING (Spin Studio) 8:40 AM	SPINNING (Spin Studio) 8:30 AM
	YOGA/PILATES (Yoga room) 9:30 AM	 9:45 AM	PIYO LIVE! 9:20 AM	RIPPED THE ONE STOP BODY SHOCK 9:30 AM	LIFT 9:35 AM	Yoga/Pilate (Yoga room) 9:20 AM
	 10:30 AM		 10:30 AM		YOGA/PILATES *STRENGTH (Yoga room) 9:35 AM	RIPPED THE ONE STOP BODY SHOCK 9:20 AM
		 Yoga 10:35 AM			 10:45 AM	
	FUSION! 4:25 PM	PIYO LIVE! 4:25 PM	Turbo KICK 4:25 PM			
	LIFT 5:30 PM	RIPPED THE ONE STOP BODY SHOCK 5:30 PM	FUSION! 5:30 PM	Turbo KICK 5:30 PM (1/2 hr)		
	PILOXING 6:40 PM		SPINNING (Spin Studio) 5:35 PM	BEACHBODY LIVE! 6:00 PM (1/2 hr)		
			Yoga/Pilate 6:40 PM	PSOX 6:30 PM (1/2 hr)		

Begins June 11th, 2017

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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)

LIFT

This 60-minute FREESTYLE weight training class will strengthen all your major muscles with simple, athletic movements such as squats, lunges, push ups, presses and curls, LIFT is for all ages and fitness levels. Barbell weights and dumbbells are utilized. All weight training in an endurance format. No cardio. Sculpt the body by LIFTing.



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.)**

FUSION!

A creative freestyle blend of cardio, utilizing the step, and strength training, utilizing not only body weight exercises but also exercises that use various equipment. Taught in an interval style in order to maximize the fat burning and in order to increase the metabolism throughout the rest of the day as well. (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 - 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 LIVE! = Pilates + Yoga + NON stop movement. Sweat, Stretch, and Strengthen all in one unique workout created by Charene Johnson. Using only your body weight, you'll perform a series of low impact, high intensity Pilates and Yoga-inspired moves to great music to work every single muscle in your body. RESULT= a long, lean, and defined physique. (50 - 55 min.)

CardioFit

This 45 min class is a great whole body workout for the mature but active. Weights, balls, tubing will be used to stretch and tone while low impact routine will improve the cardiovascular endurance and strength of the heart.

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