





















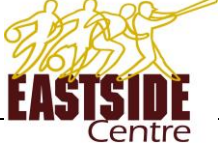






# EASTSIDE 2018 GROUP EXERCISE SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		 <b>SPINNING</b> 5:45 AM	 <b>LES MILLS BODY PUMP EXPRESS</b> 5:45 AM	 <b>SPINNING</b> 5:45 AM		
	<b>CardioFit</b> 8:30 AM		 <b>ZUMBA fitness</b> GOLD 8:30 AM		 <b>PILOXING</b> 8:30 AM	 <b>LES MILLS BODY PUMP</b> 8:15 AM
	 <b>SPINNING</b> 8:30 AM	 <b>RIPPED</b> THE ONE STOP BODY SHOCK 8:30 AM	 <b>SPINNING</b> 8:30 AM	<b>FUSION!</b> 8:30 AM	 <b>SPINNING</b> 8:30 AM	 <b>RIPPED</b> THE ONE STOP BODY SHOCK 9:30 AM
	 <b>LES MILLS BODY PUMP</b> 9:30 AM	<b>YOGA/PILATES</b> (Yoga room) 8:30 AM		<b>YOGA/PILATES</b> (Yoga room) 8:30 AM		<b>Yoga/Pilate</b> 9:30 AM
	<b>YOGA/PILATES</b> (Yoga room) 9:30 AM	 <b>ZUMBA fitness</b> 9:45 AM	 <b>PILOXING PiYO</b> Combo Class 9:30 AM	 <b>LES MILLS BODY PUMP</b> 9:30 AM	<b>YOGA/PILATES</b> *STRENGTH 9:40 AM	
	 <b>Healthways Silver Sneakers</b> Fitness Program 10:45 AM	 <b>Healthways Silver Sneakers</b> Fitness Program Yoga 10:45 AM	 <b>Healthways Silver Sneakers</b> Fitness Program 10:45 AM		 <b>Healthways Silver Sneakers</b> Fitness Program 10:45 AM	
	<b>FUSION!</b> 4:25 PM	 <b>PiYO</b> LIVE! 4:25 PM	 <b>Turbo Trick</b> 4:25 PM	 <b>Turbo Trick</b> 4:25 PM		 <b>EASTSIDE</b> Centre
	 <b>LES MILLS BODY PUMP</b> 5:35 PM	 <b>RIPPED</b> THE ONE STOP BODY SHOCK 5:35 PM	<b>FUSION!</b> 5:35 PM	 <b>PSOX</b> 5:00 PM		
	 <b>PILOXING</b> 6:45 PM		<b>YOGA/PILATES</b> 6:45 PM			

Begins Oct.14th, 2018

# EASTSIDE 2018 GROUP EXERCISE SCHEDULE



**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)



This weight training class will strengthen all your major muscles with simple, athletic movements such as squats, lunges, push ups, presses and curls, BODYPUMP is for 12 years and older and all fitness levels. Barbell weights and dumbbells are utilized. All weight training in an endurance format. (55 min.)



**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 interlaced with weights and resistance. It is FUN, challenging, and created for all fitness levels and will produce results!



ALL WEIGHT training. A total body strength and conditioning class created by Tony Horton, that is based on proven principles from personal training and strength coaching. Ultimate variety that will allow you to bust through fitness plateaus. (60 min.)



**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.)



A total body workout inspired by MMA-style training. Combines western Boxing, Kickboxing, Brazilian Jiu-Jitsu, Muay Thai, and more. Non-contact. No equipment. NOT self defense. HIIT intervals using skill-based cardio training. Body weight training which utilizes the core. Musically driven, but doesn't move to the beat. Come fight yourself into extreme shape. (60 min.)

**Begins Oct.14th, 2018**

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**Begins Oct.14th, 2018**