












## EASTSIDE CENTRE GROUP EXERCISE SCHEDULE - Jan 2, 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 8:30AM		 8:30AM		
YOGA/PILATES 9:00AM		YOGA/BARRE 9:00AM (30 MIN)		YOGA/Weights 9:00AM	
		 9:30AM (30 MIN)			YOGA/PILATES 9:00AM
 10:30AM		 10:30AM		 10:30AM	
<b>BREAK</b>	<b>BREAK</b>	<b>BREAK</b>	<b>BREAK</b>	<b>BREAK</b>	<b>BREAK</b>
	 4:25PM				
 5:35PM	 5:35PM	FUSION! 5:35PM	 5:35PM		
					



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)

## Yoga/BARRE

A beautiful blend of Yoga flow and Ballet barre exercises. A chair is utilized as a "barre". Come move gracefully to music while shaping your body with a dancer style "gentle but challenging" workout.

## 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 (50 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.)



"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!

## 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.)



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.)



The ultimate Cardio RIDE! Enjoy the journey of hills, flat trails, and vigorous races with others while the instructor guides you to a higher level of cardio fitness and leg endurance. (55 min.)



PiYo LIVE! = Pilates + Yoga + NON stop movent. Sweat, Stretch, and Strengthen all in one unique workout created by Chalene 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.