



# EPRC GROUP EXERCISE SCHEDULE

## Morning Classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00am	 Erica	A.W.A.K.E Lori	 Erica	A.W.A.K.E Lori		
8:00am	Power Burn Carissa		Spinnerval Lori	Hardcore Abs Lori	HIIT 30 Lori	 Nicole
8:30am		Pop Pilates Erica		STRONG Lori		
9:00am	 Lisa/Jill	Aqua Strength Diane	 Lisa/Jill	Aqua Strength Diane	 Lori	
	Aqua Cardio Natalie		Aqua Cardio Natalie		Aqua Cardio Jill	
	Mom Strong Carissa		Mom Strong Kalli			
9:15am						<u>Alternating weekends:</u> Zumba w/ Yolanda Soul Grooves w/ Lizzy
9:30am		Zumba Angie		Zumba Betina		
10:00am		Silver Splash Kathy		Silver Splash Kathy		
10:15am	Yoga Barbora		Yoga Barbora		Yoga JoAnn	
10:30am	Silver Sneakers Jill		Silver Sneakers Jill	<u>Alternating Thursdays:</u> Yoga Raime	Silver Sneakers Jill	
				Barre Kalli		

## Evening Classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:30pm	POUND Katie		CSI: Cardio Strength Intervals Carissa			
5:00pm		POP Pilates Erica		Cardio Blast Nicole		
5:30pm	Monday Mixer Nicole	 Erica	Power Yoga Lori	 Nicole		
6:30pm	Zumba Angie		Soul Grooves Lizzy/Haley			
	Cycling April		Cycling April			
6:45pm		 MoMo		Zumba Yolanda		

# EPRC GROUP EXERCISE SCHEDULE

**AQUA CARDIO** - A vigorous, non-stop cardio routine that is low impact on joints to increase muscle tone and strength, and improved flexibility. Fitness Level | All

**AQUA STRENGTH** – An energetic water workout utilizing the water's resistance to build strength and power. Fitness Level | All

**A.W.A.K.E.** - A complete high energy cardio and sculpting class using weights, bands, body bars and jump ropes.

**BARRE** - This 45 minute class is a fusion of yoga, Pilates, strength training, and ballet. There will also be a little Cardio. Barre class incorporates specific sequencing patterns and isometric movements that target specific muscle groups. This pattern of exercise helps to improve strength, balance, flexibility and posture. Balls, bands and small hand weights will be incorporated. Fitness Level | All

**BODYPUMP®** - With some seriously motivational music playing, we'll get your body moving and give you a terrific workout. By hitting all of your major muscle groups with low weights, BODYPUMP™ will sculpt your legs, chest, back, shoulders and abdominals with a satisfying stretch at the end! Fitness Level | All

**CSI: CARDIO STRENGTH INTERVALS** - High energy strength, core and plyometric intervals that will tone and define your entire body using bodyweight and equipment

**CYCLING** - This class is an exhilarating, indoor workout set to great music and instruction! This exciting intense workout is done on a stationary bike. Bring your water bottle, towel and a gel seat. Fitness Level | All

**HIIT 30** - This is a high intensity cardio workout that utilizes your own body weight with 30 second exercise intervals.

**MONDAY MIXER** - Mix it up on Mondays! A little bit of everything! Step, Hi/Lo Cardio, Cycling, Kickboxing, and Resistance Training. You won't get bored in this class! Fitness Level | All

**POP PILATES** – 30 minute class - Experience the ab-chiseling, total body defining moves of Pilates, choreographed to your favorite Top 40 hits. this mat-based workout challenges you to flow from one exercise to the next, developing a rock-solid core and lean, strong muscles. Fitness Level | All

**POUND®** - Using lightly weighted drumsticks, POUND transforms drumming into an incredibly effective way of working out. Instead of listening to music, you become the music in this full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements. Fitness Level | All

**POWER BURN** - High energy (advanced) class that combines aerobic moves, plyometric movements and intense drills.

**POWER YOGA** - This class moves quickly! A vigorous and intense flowing Yoga workout with minimal meditation. Expect to sweat in this Yoga class. Fitness Level | All

**SILVER SNEAKERS® - MUSCULAR STRENGTH & RANGE OF MOVEMENT** - A variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, a Silver Sneakers ball are offered for resistance, and a chair is used for seated and/or standing support.

**SILVER PLASH** - If you love the Silver Sneakers class and are looking for a fun **water aerobics** and resistance training class, then Silver Splash is the class for you! This range of motion class is suitable for patrons of any skill level and non-swimmers. Come join the fun and workout in the Lap Pool to the music of the 50's and 60's.

**SOUL GROOVES** – A transformative mind, body & soul cardiovascular dance workout; full of fun, effective, energetic and easy-to-follow dance routines. Soul grooves combines hip hop, Latin, and athletic movements into a 60 minute experience. Fitness Level | All

**SPINNERVALS**- Cycling with intervals of high intensity cardio/agility training.

**STRONG-** STRONG by Zumba™ combines high intensity interval training with the science of Synced Music Motivation. In every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster.

**STRONG MOM** is a stroller-based fitness program designed for moms with little ones. Each 60-minute, total body workout incorporates power walking, strength, toning, and activities with your babies.

**YOGA** - Experience the mind and body working together as a whole using strength, flexibility and the flow of movement while emphasizing control and breathing. This class is great for reducing stress. **Bring a sticky mat.** Fitness Level | All

**ZUMBA** - Ditch the workout and join the party! This is a Latin based aerobics class. Dance your way to a fitter you with exciting Latin moves and rhythms. No dance experience needed. Fun for all! Fitness Level | All