











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	Cycling Jamie	Spinnerval Lori	Hardcore Abs Lori	HIIT 30 Lori	
8:30am		Pop Pilates Erica		STRONG Lori		
9:00am	 Lisa/Jill	Aqua Strength Karen	 Lisa/Jill	Aqua Strength Karen	 Lori	 Nicole
	Aqua Cardio Diane		Aqua Cardio Diane		Aqua Cardio Jill	
9:30am		Zumba Angie		Zumba Betina		
10:15am	Yoga Christy		Yoga Erica H.	Mom Strong Julie	Yoga Erica H.	
			Mom Strong Julie		Mom Strong Julie	
10:30am	Silver Sneakers Jill		Silver Sneakers Jill	Mat Pilates Lisa	Silver Sneakers Jill	

Evening Classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:30pm	 Katie		 Katie			
5:00pm		POP Pilates Erica		Cardio Blast Nicole		
5:30pm	Monday Mixer Nicole	 Erica	Power Pilates Nicole	 Nicole		
6:30pm	Zumba Angie	PLYO JAM Katie	Cycling April	Cycling Jamie		
	Cycling April					
6:45pm			Zumba Betina	Yoga Ginger		

Schedule subject to change. Updated 13-Mar-20

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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.

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

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.

Mat Pilates-

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

PLYO JAM – Cardio dance fitness class that combines short explosive plyometric exercises that tone, shape and transform your body while having FUN!. Fitness Level/ All

POP PILATES – 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 class that combines aerobic moves, plyometric movements and intense drills.

POWER PILATES - Workouts designed to increase core strength, by stretching and strengthening muscles without adding bulk. 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 SPLASH - 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.

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