




# EPRC GROUP EXERCISE SCHEDULE

## Morning Classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5:00am	 Christie	A.W.A.K.E Lori	 Christie	A.W.A.K.E Lori			
8:00am	Power Burn Carissa		Spinnerval Lori	Hardcore Abs Lori	 Lori	 Nicole	
8:30am		Interval Blast Lisa		STRONG Lori			
9:00am	 Lisa/Jill	Aqua Strength Diane	 Lisa/Jill	Aqua Strength Diane	 Lori		
	Aqua Cardio Natalie		Aqua Cardio Natalie	Mom Strong Kalli			Aqua Cardio Jill
	Mom Strong Kalli		Mom Strong Kalli	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	Power Yoga Adria	Silver Sneakers Jill		

## Evening Classes

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

Schedule subject to change. Updated 8-Oct-18

## 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.

**BALATES** - This class is all about core strengthening & lengthening as well as improving balance, flexibility and stability. Ballet barre and center technique as well as Pilates movements are the fundamentals of this class. 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

**INSANITY®** - Don’t let the name scare you! This is a high intensity cardio workout utilizing your own body weight . MAX Interval Training.

**INTERVAL BLAST** – An intense cardio workout incorporating the bikes, kickboxing, step and some plyometric moves. Weather permitting, running outside and weight training. Interval at its best! Fitness Level | All

**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 & STRONG MOM BARRE** 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. Instructors offer a variety of class formats both indoors and outdoors.

**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