

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cycling 5:45 am - 6:45 am Anne M Studio B		Cycling 5:45 am - 6:45 am Denise K Studio B		Cycling 5:45 am - 6:45 am Nancy Studio B	BODYPUMP 7:45 am - 8:45 am Denise KM Studio A
Interval Challenge I 6 am - 6:45 am Vollie Studio A	BODYPUMP 6 am - 7 am Denise KM Studio A	Interval Challenge II 6 am - 6:45 am Vollie Studio A	BODYPUMP 6 am - 7 am Denise KM Studio A	Interval Challenge II 6 am - 6:45 am Vollie Studio A	Water Fitness 8 am - 9 am Rotating Instructors EPCC POOL
Water Fitness 7:30 am - 8:30 am Beryl EPCC POOL	Deep Water Fitness 7:30 am - 8:15 am Denise B. EPCC POOL	Water Fitness 7:30 am - 8:30 am Jean EPCC POOL	Deep Water Fitness 7:30 am - 8:15 am Denise B. EPCC POOL	Water Fitness 7:30 am - 8:30 am Beryl EPCC POOL	Cycle N' Stretch 8:00 am - 9:30 am Rotating Instructors Studio B
Cycling 8:30-9:15 am Denise K Studio B	SilverSneakers II® 8:30-9:15 am Nancy A. Studio A	SilverSneakers I® 8:15-9:00 am Holly B Studio B	SilverSneakers II® 8:30-9:15 am Denise B Studio A	SilverSneakers I® 8:15 am - 9 am Holly Studio B	Instructors Choice 9:00 am - 10 am Rotating Instructors Studio A
BODY PUMP 8:30 am-9:30 am Kara Studio A	BODY PUMP 9:30 -10:30 am Ardie Studio A	BODY PUMP 8:30 am-9:30 am Kara/Beth Studio A	BODY PUMP 9:30 - 10:30 am Ardie Studio A	BODY PUMP 8:30 am-9:30 am Kara Studio A	Beg. Mat Pilates 10 am - 11 am Denise B. Studio B
Vinyasa Yoga* 9:30-10:30 am Denise K. Studio B	Cycle 'N Yoga 9:30am - 11:00 am Denise K Studio B	MIX IT UP 9:35 am - 10:35 am Kelsey Studio A	Cycle 'N Yoga 9:30 - 11:00am Denise K Studio B	MIX IT UP 9:35 am - 10:35 am Kara Studio A	Boot Camp 10:15-11:15 am Brenna P./Holly Studio A
S.E.L.F.- Lo Impact 9:30 am-10:15 am Nancy Room 201	SilverSplash® 10:30am - 11:15 am Jean Myers EPCC Pool	S.E.L.F.-Step 9:30 am- 10:15 am Nancy Room 201	SilverSplash® 10:30-11:15 am Denise B EPCC Pool	S.E.L.F.-Muscle Cond. 9:30 am - 10:15 am Holly Room 201	CORE 11:20 - 11:35am Brenna P./Holly Studio A
MIX IT UP 9 :35am - 10:35 am Holly Studio A		SilverSneakers®Yoga 10:45-11:30 am Denise B Studio A	Drums Alive 10:40 am -11:30am Char Studio A	SilverSneakers I® 10:45 am - 11:30 am Kara Studio A	FIGURE SKATING CLUB PRIVATE TRAINING
SilverSneakers I® 10:45 am- 11:30am Holly Studio A	Cycling 12 pm - 12:45 pm Terri Studio B	MS Aquatics 10:30 am -11:30 am Kara J. EPCC Pool	Cycling 12 pm - 12:45 pm Terri Studio A	MS Yoga 10:30am - 11:15 am Denise Studio B	
MS Aquatics 10:30 am-11:30 am Kara J. EPCC Pool	Interval Challenge I 12:10pm -12:50 pm Holly Studio A	Power Toning 12:15 -12:45 pm Kelsey Studio A	Interval Challenge I 12:10pm-12:50pm Holly Studio A	Interval Challenge I 12:10 pm-12:50pm Holly Studio A	
SilverSneakers II® 10:45 - 11:30 am Jamie D. Studio B	SilverSneakers I® 1 pm -1:45 pm Holly Studio A	BODYPUMP 4:30 pm - 5:30 pm Ardie Studio A	SilverSneakers I® 1 pm - 1:45 pm Holly Studio A		
Power Toning 12:15-12:45 pm Brenna Studio A		Cycling 4:30pm -5:20 pm Brenna P. Studio B	BOSU Challenge 4:30 pm - 5:15 pm Holly Studio A	BODYPUMP 4:30 pm-5:25 pm Tiffany Studio A	SUNDAY
BODYPUMP 4:30 pm - 5:30 pm Beth/Ardie Studio A	BODYPUMP 5:30 pm - 6:30 pm Kristin Studio A	Outdoor Adventure 5:30 pm - 6:30 pm Brenna Outside-meet in lobby	Body Pump 5:30 pm - 6:30 pm Kristin Studio A	Instructors Choice 5:35-6:30 pm Rotation Studio A	BOSU Challenge 7:15 - 8 am Holly B Studio A
Step N' Tone 5:35 pm -6:30 pm Tammy Studio A	Intermediate Mat Pilates* 5:30 pm - 6:30 pm Denise B. Studio B	Step N' Tone 5:35 pm - 6:30 pm Tammy Studio A	Cycling 5:30 pm - 6:30 pm Ingerid Studio B		Stretch 8:15 - 9 am Holly B Studio A
Cycling 5:30 pm - 6:15 pm Amber N. Studio B	BOSU Challenge 5:45 pm -6:30 pm Holly Studio B	Total Toning 5:30 pm - 6:15 pm Jamie D Studio B	Bootcamp 6 pm - 6:55 pm Holly Gym		BODY PUMP 10 am -11 am Heather K Studio A
BOOTCAMP 6:30 pm - 7:30 pm Brad/Matt Gym	Water Fitness 6 pm - 7 pm Jamie D EPCC Pool	Cycling 6:30 pm-7:15 pm Maureen Studio B	Water Fitness 6 pm - 7 pm Jamie D EPCC Pool		
Continuing YOGA* 6:30 pm - 7:45 pm Denise Studio B	Beginners Yoga* 6:45 pm - 7:45 pm Denise B Studio B	TAI CHI* 6 pm - 6:55 pm Holly Room 201	Beginners Yoga* 6:45 pm - 7:45 pm Denise B. Studio B		
Cardio Kickboxing 6:35 pm- 7:30 pm Amber Studio A	BRIDAL BOOT CAMP* 7-8:30 pm Holly Room 202	Cardio Kickboxing 6:35 pm - 7:30 pm Kacie W Studio A	BRIDAL BOOT CAMP* 7-8:30 pm Holly Room 202		* Courses Requires Registration
BODYPUMP 7:35 pm - 8:35 pm Heather Studio A	Step Interval Chall. 7:05 pm - 8:05 pm Vollie Studio A	Continuing YOGA* 7:05pm -8:20 pm Amy G. Studio B	Step Interval Chall. 7:05 pm - 8:05 pm Vollie Studio A		
		BODYPUMP 7:35 pm - 8:30 pm Maureen Studio A			

Class Descriptions

Our instructors provide a great class to all participants by providing excellent cuing and instruction. Modifications are provided to accommodate all ability levels. Participants are welcome to attend any class. Classes are categorized based on their overall difficulty level. **ALL FITNESS LEVELS** - Fitness classes that have minimal choreography and/or target specific muscle groups are perfect for all fitness levels. Participants may modify each exercise and movement to accommodate their own fitness level and abilities.

BEGINNERS - Perfect for participants whom are just beginning an exercise routine.

INTERMEDIATE - Ideal classes for individuals whom have been exercising for a little while and want to increase the intensity of their workout!

ADVANCED - Participants whom want to challenge themselves to the max! These classes are higher intensity, more repetitions and advanced exercises.

SPECIALTY - Courses that require advanced registration or pay a \$15 drop-in fee.

ALL FITNESS LEVELS:

BODYPUMP™ - This revolutionary barbell workout challenges all major muscle groups with squats, presses, lifts and curls as you strengthen tone and define your entire body. Determine how hard you want to work by choosing the appropriate weights.

CORE Training - This intense 15 minute class will sculpt your midsection as you improve your body's overall functional strength, balance and coordination using fitness balls, BOSU balls, tubing and weights. Great for all fitness levels!

Drums Alive - Feel and experience the pulsating rhythms, dynamic movements, and powerful percussions of this new high-energy dance and rhythm program. Drums Alive™ Power Beats combines traditional aerobic movements with the powerful beat and rhythms of the drums. It is a workout for the entire mind, body, and spirit!

MS/Therapeutic Aquatics - An aquatics program for adults with Multiple Sclerosis or other debilitating diseases. Class involves stretching, strengthening and range of motion exercises with little or no impact. The pool does have a chairlift and accessible stairs for easy entrance and exit.

MS YOGA - A yoga class designed especially for those individuals with Multiple Sclerosis or other debilitating diseases. Class involves beginning poses, working on all those areas that hurt the most. Please bring a sticky mat and towel to class.

Total Toning - This class suits beginners through the advanced exerciser using a variety of equipment and simple movements to increase muscular strength, flexibility and toning.

Water Fitness - Step into the world of water and experience resistive exercises which help develop muscular strength, endurance and flexibility while providing a low impact cardiovascular workout. No swimming experience is necessary.

BEGINNER TO INTERMEDIATE:

BOSU Challenge - Using the BOSU ball, the instructor will take you on an aerobic and strength exercises and drills that will tone your body, tighten your core and work on overall stabilization!

Cycling - Join us for a fun, athletic, cardiovascular workout. You'll burn a ton of calories, get lean, increase lower-body strength and improve your endurance. The instructor will choose an accumulation of endurance intervals, hills and strength and speed play. Be sure to bring a towel and a water bottle to class! Heart monitors are strongly recommended.

Instructors Choice - Get your weekend started out right! Join us for 50 minutes of fitness incorporating a variety of formats from kickboxing, step, interval challenge, boot camp drills and more!

Interval Challenge I - Get your total body workout in 45 minutes! This class will incorporate the BOSU, weights, resistance bands and weighted bars to tone your entire body during intervals. Your heart rate will be up!

S.E.L.F. - Simply Enhancing Lifelong Fitness! This is a great workout that focuses on strengthening both your muscles and your heart through cardio work and strength training. This class will is designed for individuals 55 and older who want a little extra kick to their workout!

SilverSneakers® Muscular Strength & Range of Movement Conditioning - Move through a variety of exercises designed to increase muscular strength, range of movement, and skills required during activities for daily living. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance; and a chair is used for seated and/or standing support. SilverSneakers I is great for beginners... SilverSneakers II picks up the pace and has more of an intense cardio segment.

SilverSneakers® SilverSplash - Activate your aqua exercise urge for variety! SilverSplash offers lots of fun, shallow water moves to improve agility, flexibility, and cardiovascular endurance. No swimming ability is required. A special SilverSneakers kickboard is used to develop strength, balance and coordination.

SilverSneakers® YogaStretch - 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.

Step 'N' Tone - Step aerobics emphasizes non-stressful movements by using steps, which are flexible in height to personalize your workout. Class begins with a thorough warm up followed by approximately 25 minutes of low impact step training in your target heart rate ranges, followed by 15 minutes of toning using weights, resistance bands and balls. Class concludes with a relaxing cool down to release tension and stretch muscles.

INTERMEDIATE:

Cardio Kickboxing - A great cardiovascular workout with an emphasis on kick boxing along with boot camp drills, toning and sculpting.

Deep Water - Take your water exercise routine to the next level by bringing it into the deep water. Floatation belts are available for use.

Cycle 'N' Yoga - Get a complete workout! 45 minutes of group cycling followed by 45 minutes of yoga. (Saturdays, 60 min cycle, 30 min yoga)

Mix It Up! - This class takes great components and mixes it into one class! Pilates, low impact, kickboxing and toning segments will all be incorporated into a one hour class. Stability balls, weights and resistance bands will all be utilized to get you looking and feeling your best!

ADVANCED:

Boot Camp - Greatest challenge in fitness! The instructor will be your drill sergeant for the hour long class and provide verbal motivation to take you through callisthenic type exercises like push-ups, crunches and squats.

Interval Challenge II - An advanced interval challenge class that will maximize the repetitions and intensity of each exercise interval.

Outdoor Adventure - Take your workout outdoors for a great running, interval training, muscle and abdominal workout! Class is led by an experienced marathon runner who will take your running workouts to the next level.

Step Interval Challenge - Same format as the "Interval Challenge" but incorporates the step into the exercise routine.

SPECIALTY FITNESS CLASSES:

***Advanced Tai Chi** - Take your Tai Chi workout to the next level. Participants should have prior Tai Chi experience.

***Beginning Yoga** - This is for the novice or those with any physical limitations such as spine issues, knee limitations, etc. Focus will be on basic yoga postures with modifications, breathing and relaxation. Great class for those new to yoga!

***Beginners Tai Chi** - This Tai Chi program is easy to learn, effective and safe. It increases the heart and lung activity, aligns the posture, improves balance and integrates mind and body. This class is great for beginners, people with arthritis, stress issues and other health related concerns.

***Continuing Yoga** - This mixed level class is for students who have had at least six months of yoga class experience. Class consists of beginning and some intermediate poses. Participants will work with breathing and alignment, including relaxation to receive the maximum benefit from our yoga experience. Please bring a sticky mat.

***Mat Pilates** - Use the resistance of your own body during this full body workout that will leave you stretched, strengthened and invigorated.

***Vinyasa Yoga** - This intermediate flowing class combines postures and sequences from various styles of yoga to give your body the breath work and movement it needs. With a dynamic flowing sequence of postures linking breath and movements, cultivate awareness by building strength and flexibility.