



FITNESS CLASS SCHEDULE

MARCH 18, 2024 - APRIL 27, 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
HIIT 5:15-6:05AM Diane S.	Cardio Core 5:15-6:05AM DJ A.	BOOTCAMP 5:15-6:05AM Ellis P.	HIIT 5:15-6:05AM Diane S.	BOOTCAMP 5:15-6:05AM Ellis P.	
	Sunrise Yoga 6:15-7:15AM Vickie G.	HIIT 8:00-8:30AM Ashley T.	Sunrise Yoga 6:15-7:15AM Vickie G.	Express Burn 8:00-8:30AM Ashley T.	HIIT 6:45-7:35AM Diane S.
BARRE 8:30-9:20AM Stephanie P.	TRX 8:30-9:20AM Annette J.	Total Body Strength 8:30-9:20AM Ashley T.	BARRE Fusion 8:30-9:20AM Stephanie P.	Circuit 8:30-9:20AM Ashley T.	Targeted Strength 8:30-9:20AM Dionne S.
Yin Yoga* 9:30-10:15AM Stephanie P.	Hatha Yoga 9:30-10:30AM Vickie G.		Hatha Yoga 9:30-10:30AM Vickie G.	Yin Yoga* 9:30-10:15AM Stephanie P.	
Silver & Fit® 9:30-10:20AM Jayne S.	SS Classic® 10:00-10:50AM Chrissie S.	Silver & Fit® 9:30-10:20AM Jayne S.	SS Classic® 10:00-10:50AM Chrissie S.	Silver & Fit® 9:30-10:20AM Jayne S.	
SS Stability® 10:40-11:20AM Jim A.	Chair Yoga 11:00-11:45AM Chrissie S.	SS Stability® 10:40-11:20AM Jim A.	Chair Yoga 11:00-11:45AM Chrissie S.		
Pilates 4:30-5:15PM Stephanie P.			Zumba® 3:30-4:20PM Debbie C.		
Zumba® 5:30-6:20PM Jennifer J.	HIIT STEP 5:30-6:20PM Julie D.	Yoga Fusion 5:30-6:30PM Julie D.	Body Sculpt Yoga 5:30-6:30PM Julie D.	BodyRock! 5:30-6:20PM Dionne S.	
BodyRock! 6:30-7:20pm Dionne S.					

Color Key

Cardio**Strength Training****Mind/Body****Active Aging**

Reservations are highly recommended & can be made from 7 days in advance up to 1-hour prior to start of class. Spots are limited with drop-ins available if space allows beyond pre-registered guests. A minimum of 3 participants must be registered by the close of registration (1-hour prior to class) for class to run each day. This excludes Active Adult classes.

Cardio, Mind & Body, and Strength Training classes take place in the Fitness Studio unless otherwise specified. Active Aging classes will be held in the East Gym.

*Offered intermittently – please check caprd.com Fitness Calendar.

Class Descriptions

ACTIVE AGING

Silver Sneakers Classic® – Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a Silver Sneakers® ball are offered for resistance. A chair is available if needed for seated or standing support. *Low Impact, Moderate Intensity

Silver Sneakers Stability® – Strengthen the muscles of the core (hips, pelvis, obliques, abdominals, and low back) while improving your balance using a variety of exercises and equipment. As an added bonus you'll improve overall posture and balance. *Low Impact, Low-Moderate Intensity.

Silver & Fit – This class offers progressive levels of group fitness programming designed to meet the needs of the wide variety of older adult fitness levels and abilities—from the de-conditioned or new exerciser who requires in chair programming to the athletic, fitter older adult who has continued to stay active. *Low Impact, Low-Moderate Intensity

CARDIO

Cardio Core – Build stamina, improve cardio, and tighten the core in this triple threat workout. Classes will be offered in both interval-style and focused sections to mix up your routine and keep your body guessing! *Moderate Impact, Moderate-High Intensity

Express Burn – Is a quick in and out 30-minute strength and cardio focused workout that is designed to be full body and get you sweating in no time. This class will incorporate many different fitness equipment items, to give you a variety of workouts. Note: Express Burn can be taken back-to-back with other Express Burn classes as the instructor will do a lower body focused and upper body focused class back-to-back and are designed to work if you take 1 or both of the classes.

Circuit –Circuit class is a heart pumping and strength-based circuit training class. This class gets your heart rate up and strengthens your muscles at the same time. You'll move quickly through a few different exercise stations, where each station has a different exercise group. This class will use a variety of equipment and is for all levels of physical ability. *Low to High Impact, Low to High Intensity.

HIITSTEP –is a 30-minute high-intensity interval training (HIIT) workout that uses a step and dynamic bodyweight exercises. It has been designed to improve power, increase strength and burn hundreds of calories. The HIITSTEP workout contains voice over music tracks and pre-designed training sessions allowing instructors to deliver inspirational and motivational workouts. *Medium to High Impact, Medium to High Intensity.

MIND/BODY

Hatha Yoga – Center the mind & body by using breathing exercises, poses to circulate the blood & gain strength, balance & flexibility. Yoga practice will assist in creating a healthy body & peaceful mind. *Low Impact, Low to Moderate Intensity

Chair Yoga – Brings the best of a yoga practice to those who require or prefer the support of a chair. Students will explore versions of twists, hip stretches, forward bends and mild backbends. The class helps participants stay healthy, vibrant and confident by focusing on developing small and large muscle groups, stretching, balancing [beside or behind the chair] and strength building. Chair yoga classes help maintain mobility, improve flexibility, cultivate mindfulness and increase body awareness. * Low Impact, Low Intensity

Yin Yoga – Is a slow-paced style of yoga with poses, or asanas, that are held for longer periods of time (typically 3-5 minutes) in a nourishing and supportive manner. Perfect for relaxation and renewal, Yin Yoga targets the connective tissue and meridians to release long held injuries and stress. Yin yoga is a great compliment to all styles of yoga and level of students.

BARRE – Delivers a fusion of ballet, Pilates, yoga and strength training in each workout. Designed for wide range of fitness levels, ages and bodies, complete with progressions so those new to fitness feel successful their first time and seasoned Barre enthusiasts will always feel challenged.

BARRE Fusion – Is a low impact strength workout that enhances your muscle tone, posture, flexibility and confidence in a class that blends ballet, dance, Pilates, yoga, functional strength and mind-body inspired movement. *Low to Moderate Impact, Low to Moderate Intensity.

Body Sculpt Yoga – Is a low impact strength workout that enhances your muscle tone, posture, flexibility and confidence in a class that blends ballet, dance, Pilates, yoga, functional strength and mind-body inspired movement. *Low to Moderate Impact, Low to Moderate Intensity.

Pilates Mat – Lengthen, strengthen, and unwind in this core-centered Pilates® class offered every other week! Perfect for all fitness levels for a full workout of for muscle recovery and mobility. *Low Impact, Low to Moderate Intensity.

Bender Ball Burn –Is a 30-minute lengthening and toning style of class that uses mostly the Bender Balls and body weight to focus mainly on the legs and glute muscles. Designed for wide range of fitness levels, ages and bodies, complete with progressions so those new to fitness feel successful their first time and seasoned enthusiasts will always feel challenged. *Low to Moderate Impact, Low to Moderate Intensity.

Yoga Fusion –Is a class that blends yoga poses with other fitness types, such as Pilates, strength training, or even kickboxing. Pairing yoga with other disciplines lets you burn more calories than doing yoga alone, while still getting the benefits of a yoga practice. *Low to Moderate Impact, Low to Moderate Intensity.

STRENGTH TRAINING

Body Rock! – Rock your body with our strength training class incorporating strength and suspension training techniques for a total-body- targeting workout. Body Rock! will test your limits and leave you feeling confident to tackle the rest of your day. *Moderate High Impact, Moderate-High Intensity

BOOTCAMP – One of our most challenging classes, you'll be pushed to your limit and empowered all in one with this beast of a BOOTCAMP class! *Moderate-High Impact, Moderate-High Intensity

H.I.I.T. – One of the biggest bangs for your buck, our H.I.I.T. class focuses on a fast-paced cardio workout with high intensity interval strength training. The benefits of H.I.I.T include improved athletic capacity, metabolism & fat burning. *High Impact, High Intensity

TRX –TRX suspension training bars are integrated into the ceiling, developed for workouts geared to develop strength, balance, flexibility and core stability all at once. This class uses TRX straps, body weight and free weight exercises, which all contribute to excellent cross training experience! All levels welcome.

Total Body Strength – Delivers a fusion of core work, mobility, flexibility, stability and strength training in each workout. Designed for wide range of fitness levels, ages and bodies, complete with progressions so those new to fitness feel successful their first time and seasoned fitness enthusiasts will always feel challenged.

TRX Express – Come try our custom TRX suspension training bars in a 30-minute express style developed for workouts geared to develop strength, balance, flexibility and core stability all at once. Unique to EAPRD! This class uses TRX straps, body weight and free weight exercises, which all contribute to excellent cross training experience! All levels welcome. *Low to High Impact, Low to High Intensity