

ECA GROUP X

UPDATED
7/15/19

	MON	TUES	WED	THUR	FRI	SAT	SUN
8AM							HATHA FUSION YOGA CHELSIE
9AM	MYOFASCIAL RELEASE ANDREA	ZUMBA GOLD KAY	YOGA FUSION ANDREA	ZUMBA GOLD KAY		HATHA FUSION YOGA CHELSIE	
10AM	PILATES/YOGA FUSION RACHEL	HIIT RACHELL	PILATES RACHEL			BOOTCAMP	
10AM	LOW IMPACT FITNESS DRAKE		LOW IMPACT FITNESS DRAKE		LOW IMPACT FITNESS DRAKE		
11AM							
5PM	ZUMBA LESLIE	BARRE LEIGH ANNE		BARRE LEIGH ANNE	COREBLAST KAREN 5-5:30P		
5PM	COREBLAST KAREN 5-5:30P						
6PM			ZUMBA LESLIE	PILATES RACHEL	ZUMBA NANCY		
7PM	CANDLE LIGHT YOGA CHELSIE	SPIN KARI	CANDLE LIGHT YOGA CHELSIE	SPIN KARI			

STUDIO KEY

GROUP X STUDIO
CHAMPIONS CLUB STUDIO

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CLASS DESCRIPTIONS

BARRE • A fusion of yoga, pilates, strength training, and ballet. This full-body, low-impact workout uses isometric movements to target specific muscle groups. Improve your posture, strength, balance, and flexibility. Barefoot class.

BOOTCAMP • Improve your cardiovascular strength and endurance with this total-body, military-style workout packed with high intensity moves targeting every muscle group.

FUSION YOGA® • A combination of yaga styles wrapped up into one class. Choosing from Yin, Vinyasa, Hatha, Gentle, Ashtanga, Wheel, Chair, Piyo and many more. Each week is different. All levels welcome.

HATHA FUSION YOGA • Hatha fusion is a gentle introduction to basic yoga postures while incorporating a variety of other styles. Enjoy this slower moving yoga class as you relax into postures and create a muscle memory of the basics. Leave feeling longer, looser, and more relaxed.

HIIT • High-intensity interval training uses the technique of quick, intense bursts of exercise followed by short recovery periods. Keep your heart rate up to burn more fat in less time and increase your metabolism.

MYOFASCIAL RELEASE • Sustained pressure to help release bound fascia. Helps with muscle pain, tightness, decreased range of motion, headaches, tendonitis, postural deviations and body imbalances. This technique can be uncomfortable in the process, but you will walk away feeling amazing like you just gave yourself a deep tissue massage.

PILATES • Head-to-toe workout. We start with free weights to build strength and use focused movement to challenge our balance and tone our legs. We work our arms, core, back and legs with every move, making Pilates one of the most efficient workout techniques available.

PILATES - YOGA FUSION • A blend of yoga and Pilates movements that strengthens and stretches. It's nonstop movement with a cardiovascular portion that will make you drip sweat! If you are looking to tone your muscles and feel rejuvenated, this is the class for you.

SPIN • Torch calories with high-energy indoor cycling. Use the pedal speed, resistance, and body positions to imitate climbing hills, sprints, or coasting. Arrive early to set up your bike.

ZUMBA® • A fusion of Latin and International music-dance routines that feature interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning, and total body toning.

ZUMBA GOLD® • Zumba class that recreates the original moves at a lower intensity. Easy-to-follow choreography that focuses on balance, range of motion, and coordination. Come ready to sweat and prepare to leave empowered and feeling strong.