

ECA GROUP X

UPDATED
9/4/19

	MON	TUES	WED	THUR	FRI	SAT	SUN
6AM		SPIN MELODIE		SPIN MELODIE			
8AM						SPIN MELODIE	
9AM	POWER YOGA SAMANTHA	LOW IMPACT FITNESS ROSA	YIN/YANG YOGA JIM	CIRCUIT TRAINING KATRINA	ZUMBA GOLD ROSA	ZUMBA DEBBIE	
9AM				YOGA FUSION ERIN coming Oct. 3		VINYASA YOGA SAMANTHA	
10AM	ZUMBA RLYNN	CIRCUIT TRAINING ROSA	ZUMBA RLYNN	BUTTS &GUTS KATRINA	ZUMBA RLYNN	BOOTCAMP	
11AM							BOOTCAMP
5PM	MIXXEDFIT STEPH	ZUMBA MEI		ZUMBA MEI			
5PM		HATHA YOGA LAUREN					STUDIO KEY
6PM	CIRCUIT TRAINING STEPH	CARDIO CORE KATRINA	SHADOW KICKBOXING NESSIE				GROUP X STUDIO
7PM	ZUMBA CHRISTINE	ZUMBA STRONG HEESUN	ZUMBA CHRISTINE				YOGA STUDIO
7PM			SCULPT YOGA LAUREN				

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.

BUTI YOGA® • Buti Yoga is a blend of power yoga, cardio intensive tribal dance, HIIT, conditioning, and deep abdominal toning. Each class provides a Kundalini activating warm-up, heart-pounding tribal dance and hip shaking goodness, and deep yoga stretches throughout.

BUTTS AND GUTS • This class combines intense ab work with glute isolation exercises to strengthen the glute and core muscles.

CARDIO CORE • Target your core muscles and strengthen your heart with this class. Cardio exercises will strengthen your lungs and cardiovascular muscles as well as help to lose weight. While working out the core and focusing on strengthening your abdominal muscles.

CIRCUIT TRAINING • A “circuit” of short exercises completed in a certain order, repeating the same set once completed, or continuing onto a new circuit building body conditioning, endurance training, and resistance training.

HATHA YOGA • Hatha is a gentle introduction to basic yoga postures. 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.

LOW IMPACT FITNESS • Emphasis on cardio, toning, stretching, and strength training using muscle isolation techniques. For all levels of fitness.

MIXXED FIT® • People-inspired fitness program that combines explosive dance movements with bodyweight toning.

POWER VINYASA YOGA • Focused on the flow between postures, Power Yoga strengthens and tones the bigger muscles of the body. Challenge your balance and build the stabilizing muscles of the core

STRONG BY ZUMBA® • High-Intensity cardio program with a focus on bodyweight, muscle conditioning and plyometric exercises. HIIT is a great workout that allows you to burn more calories and push your heart rate more than you would with steady-state exercises.

VINYASA YOGA • Movement is coordinated to the breath in a sequence of poses. A more fluid approach to yoga with smooth transitions and intentional breathing.

YIN YANG YOGA • Yin Yang Yoga blends two styles of yoga into one practice - bringing together the benefits of passively holding yoga poses with more dynamic sequences and standing postures.

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.

SHADOW KICKBOXING • Shadow boxing is the practice of creating repetitive boxing movement to build and enhance muscle, improve your balance, and develop control.

SCULPT YOGA • Yoga with a twist, this class will not only help you increase your flexibility, but get that heart rate up with bursts of high-intensity cardio for a maximum calorie burning effect while also using hand weights.