



# FITNESS CLASS SCHEDULE

April 27th, 2026 - Sept 4th, 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>HIIT</b> 5:15-6:05AM Diane S.		<b>HIIT</b> 5:15-6:05AM Diane S.		
	<b>Sunrise Yoga</b> 6:15-7:15AM Vickie G.		<b>Sunrise Yoga</b> 6:15-7:15AM Vickie G.		
<b>Iron Endurance</b> 8:30-9:20AM Ethan C.	<b>Total Body Strong</b> 8:30-9:20AM Annette J.	<b>Barre Pilates Sculpt</b> 8:30-9:20AM Stephanie P.	<b>TRX</b> 8:30-9:20AM Annette J.	<b>Strength Fusion</b> 8:30-9:20AM Annette J.	
<b>Silver &amp; Fit®</b> 9:30-10:20AM Jayne S.	<b>Hatha Yoga</b> 9:30-10:30AM Vickie G.	<b>Silver &amp; Fit®</b> 9:30-10:20AM Jayne S.	<b>Hatha Yoga</b> 9:30-10:30AM Vickie G.	<b>Silver &amp; Fit®</b> 9:30-10:20AM Jayne S.	
<b>Gentle Yoga</b> 10:30-11:20AM Leah M.	<b>SS Classic®</b> 10:00-10:50AM Chrissie S.	<b>Gentle Yoga</b> 10:30-11:20AM Leah M.	<b>SS Classic®</b> 10:00-10:50AM Chrissie S.	<b>Yoga Sculpt</b> 9:30-10:20AM Leah M. *Starts 5/8/26*	
	<b>Chair Yoga</b> 11:15-12:00PM Chrissie S.		<b>Chair Yoga</b> 11:15-12:00PM Chrissie S.	<b>Hatha Yoga</b> 10:30-11:20AM Chrissie S.	
			<b>Silver Cycle</b> 11:00-11:50AM Andy N.		
			<b>Dance Fitness</b> 4:30-5:20PM Debbie C.		
<b>Chisel &amp; Burn:</b> <b>Upper Body Edition</b> 5:30-6:20PM Dionne S.	<b>Chisel &amp; Burn:</b> <b>Lower Body Edition</b> 5:30-6:20PM Dionne S.	<b>Reset &amp; Renew</b> 5:30-6:20PM Julie D.	<b>Total Body Blast</b> 5:30-6:20PM Julie D.	<b>Zumba®</b> 5:30-6:20PM Krista H.	

**Color Key**

- Hybrid Strength & Yoga
- Cardio
- Strength Training
- Mind/Body
- Active Aging
- Hybrid Strength & Cardio

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 eaprd.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, Low to 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 Intensity. 🟡

**Silver & Fit** – This class offers progressive levels of group fitness programming designed to be a higher level than Silver Sneakers for the athletic, fitter older adult who has continued to stay active and seeks to make improvements. \*Low-Moderate Impact, Moderate Intensity. 🔴

**Silver Cycle** – Focus on riding to better cardiovascular health with our 60+ indoor cycling class. Geared toward the aging population, this 45 minute class will build better muscle tone while simultaneously keeping your heart healthy in a fun and energetic way! \*Low-Moderate Impact and Intensity. 🟢

### Active Aging Intensity Zones

**Red Light**- Requires guests to be able to balance with and without a chair while doing more fast paced exercises. May require bending over, jogging, and other exercises that require more agility.

**Yellow Light**- May require some light balance without the chair, but will not be as fast paced as red light classes. This class will still be low intensity and low impact.

**Green Light**- This style of class is for all levels, but allows guest to work at a slower pace and have the chair or other surface readily available to assist guests when necessary. These classes have seated exercise portions.

## CARDIO

**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.

## 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.

**Dance Fitness** – Takes the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. No dance skills required! \*Low to Moderate Impact, Low to Moderate Intensity.

**BARRE Pilates Sculpt** – Barre Pilates Sculpt blends barre, Pilates, and strength training to tone the legs, glutes, and core. Using small controlled movements, pulses, and holds, this low-impact workout builds strength, improves posture, and boosts muscular endurance. Class finishes with a short yoga-inspired stretch to lengthen and relax the muscles.

**Reset & Renew** – “Reset & Renew” is a mid-week class offered to release physical and mental tension built up from daily life or previous workouts using a mix of targeted movements designed to stretch and lengthen muscles, improve flexibility, and build core strength, using only body weight or light equipment. This class is designed to complement any fitness regimen or be used as a standalone workout.

**Zumba** – high-energy, dance-inspired fitness class that blends Latin and international music with easy-to-follow choreography. You'll move to rhythms like salsa, merengue, cumbia, and hip-hop while getting a full-body cardio workout that feels more like a party than exercise. Perfect for all fitness levels, Zumba improves endurance, coordination, and mood – no dance experience required. \*Low to Moderate Impact, Low to Moderate Intensity.

**Gentle Yoga** – Gentle Flow Yoga – All Are Welcome! This is a slow, breath-led class where we move with intention and ease. Together we'll focus on gentle stretching, light strengthening, and simple balance work to support flexibility and stability. You're encouraged to listen to your body and move in a way that feels good for you. A welcoming space to slow down, breathe deeply, and leave feeling better than when you walked in.

**Yoga Sculpt** – A full-body workout blending yoga flow with strength training. Build muscle, improve flexibility, and boost endurance using light weights and bodyweight exercises with a cardio burst section—all while staying grounded in breath and movement. Suitable for all fitness levels.

## STRENGTH TRAINING

**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. \*Moderate-High Impact, Moderate-High Intensity.

**Strength Fusion** – A strength-focused class that blends circuit training with other dynamic workout styles. Featuring compound movements, functional training, and resistance exercises, this class keeps workouts engaging and effective. Designed for all levels, this class incorporates free weights, resistance bands, and bodyweight movements. \*Moderate-High Impact, Moderate-High Intensity.

**Chisel & Burn: Upper Body Edition** – Target your arms, shoulders, chest, and back with this focused strength class. Using resistance and bodyweight moves, you'll sculpt muscle, boost endurance, and feel the burn. All levels welcome. \*Moderate Impact, Moderate Intensity.

**Chisel & Burn: Lower Body Edition** – Focus on your glutes, legs, and hips in this strength-driven lower body workout. Through targeted resistance and bodyweight exercises, you'll build power, improve stability, and feel the burn from the ground up. All levels welcome. \*Moderate Impact, Moderate Intensity.

**Chisel & Burn: Full Body Edition** – Strengthen and sculpt from head to toe with this total-body workout. Combining upper, lower, and core-focused moves, you'll build balanced strength, improve endurance, and leave feeling fully worked. All levels welcome. \*Moderate Impact, Moderate Intensity.

**Iron Endurance** – Build strength that lasts. This circuit-based class focuses on moderate-to-heavy resistance performed for higher reps and timed sets, pushing muscles close to fatigue to improve muscular endurance and total-body strength. Expect functional movements, controlled pacing, and minimal rest as you cycle through strength stations designed to challenge both mind and muscle. Options are provided for all fitness levels. Leave feeling stronger, accomplished, and energized.

## HYBRID STRENGTH & CARDIO

**Total Body Strong** – Build full-body strength with a dynamic blend of resistance-based exercises and energizing cardio bursts. Using equipment like dumbbells, resistance bands, barbells, BOSU balls, and more, you'll move through structured formats including AMRAP, Tabata, and EMOM sets.

Designed for all fitness levels, this class offers full-body workouts that meet you where you are and help you progress week by week. Whether you're looking to boost functional fitness, gain strength, or stay motivated, you'll find challenge and support in an encouraging, community-focused setting. \*Moderate-High Impact, Moderate-High Intensity.

**Total Body Blast** – Get a complete, head-to-toe workout in just one session. Ignite your entire body all-inclusive workout designed to boost endurance, increase strength, and improve overall fitness and challenge every major muscle group through a dynamic mix of strength training, cardio bursts, core work ending with a targeted stretching to improve flexibility and aid recovery. Suitable for all fitness levels!