# FITNESS CLASS SCHEDULE

September 8th-December 23rd, 2026

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|
| | HIIT<br>5:15-6:05AM<br>Diane S. | | HIIT<br>5:15-6:05AM<br>Diane S. | | |
| | Sunrise Yoga<br>6:15-7:15AM<br>Vickie G. | | Sunrise Yoga<br>6:15-7:15AM<br>Vickie G. | | HIIT<br>6:45-7:35AM<br>Julie D. |
| Yoga Sculpt<br>8:30-9:20AM<br>Leah M. | Total Body Strong<br>8:30-9:20AM<br>Annette J. | Barre Pilates Sculpt<br>8:30-9:20AM<br>Stephanie P. | TRX®<br>8:30-9:20AM<br>Annette J. | Strength Fusion<br>8:30-9:20AM<br>Annette J. | Total Body Fusion<br>8:00-9:00AM<br>Dionne S. & Julie D. |
| | Hatha Yoga<br>9:30-10:30AM<br>Vickie G. | Silver & Fit®<br>9:30-10:20AM<br>Jayne S. | Hatha Yoga<br>9:30-10:30AM<br>Vickie G. | Silver & Fit®<br>9:30-10:20AM<br>Jayne S. | |
| Silver & Fit®<br>9:30-10:20AM<br>Jayne S. | SS Classic®<br>10:00-10:50AM<br>Chrissie S. | | SS Classic®<br>10:00-10:50AM<br>Chrissie S. | | |
| Gentle Yoga<br>10:30-11:20AM<br>Leah M. | Guided Meditation<br>10:30-11:00AM<br>Jesshanti M. | Gentle Yoga<br>10:30-11:20AM<br>Leah M. | Chair Yoga<br>11:15-12:00PM<br>Chrissie S. | Hatha Yoga<br>10:30-11:30AM<br>Chrissie S. | |
| | Chair Yoga<br>11:15-12:00PM<br>Chrissie S. | | Silver Cycle<br>11:00-11:50AM<br>Andy N. | | |
| BOOTCAMP<br>5:30-6:20PM<br>Julie D. | Chisel & Burn:<br>Lower Body Edition<br>5:30-6:20PM<br>Dionne S. | Vinyasa Yoga<br>5:30-6:20PM<br>Julie D. | Chisel & Burn:<br>Upper Body Edition<br>5:30-6:20PM<br>Dionne S. | Zumba®<br>5:30-6:20PM<br>Krista H. | |
| | | | Zumba + Lift®<br>6:30-7:20PM<br>Krista H. | | |

**Color Key**

- Hybrid Strength & Mind/Body
- 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.

***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. *Low-Moderate Impact and Intensity.

***Vinyasa Yoga*** – Flow, breathe, and build strength in this energizing Vinyasa yoga class. Move through a series of flowing poses linked with the breath while improving flexibility, balance, mobility, and body awareness. Modifications are offered throughout, making this class welcoming for a variety of experience levels. Come ready to move, breathe, and leave feeling refreshed and grounded. *Low-Moderate Impact and Intensity.

***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.

***Zumba + Lift®*** – a fun, high-energy workout that combines the dance-party feel of Zumba with targeted strength training. Move to Latin and international rhythms while using weights to build strength, tone muscles, and improve endurance. Easy-to-follow choreography keeps you moving and having fun, while strength intervals add an extra challenge for a well-rounded full-body workout. Perfect for all fitness levels, with modifications available. Low to Moderate Impact, 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. *Low Impact and Intensity.

***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. *Low-Moderate Impact and Intensity.

**Guided Meditation –** Unwind and restore in this 30-minute weekly class featuring a 20-minute guided relaxation with soft, gentle imagery. Open to all experience levels, just come as you are. Facilitated by Dr. J (Jesshanti) Morgaina.

## 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.

## 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! *Low-Moderate Impact and Intensity.

***Total Body Fusion*** – A dynamic, full-body workout designed to improve strength, cardiovascular fitness, mobility, balance, and core stability. Each class combines a variety of strength and cardio exercises to keep your body challenged and your workouts fresh. A rotating 10-minute focus each week on mobility, balance, core, or stretching adds variety while helping you build functional movement and flexibility. All fitness levels are welcome, with modifications provided to help you work at your own pace.