

GROUP FITNESS SCHEDULE

This Schedule begins:
March 1, 2010



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7am Power Yoga w/ Marie Kessler <u>*9:00 am Body Condition</u> w/ <u>Melissa Kite</u> <u>*12 pm Mat Pilates</u> w/ <u>Andrea White</u> 5:15pm Flow Yoga w/ Marie Kessler 6:30pm Spinning w/ Milanna Saraiva 7:45pm Pilates mat w/ Andrea White 8:30pm Muay Thai Kickboxing w/ Joe Dupuis	6:30am BodySculpting w/ Joe Dupuis 7:30am Kickboxing w/ Mark Coronel 10:30am Restorative Yoga w/ Deborah Grant 12pm Pilates mat w/ Shana Stark 5:15pm Power Yoga w/ Marie Kessler 6:30pm Spinning w/ Nick Pratley 7:45pm Kickboxing w/ Mark Coronel	7am Power Yoga w/ Marie Kessler <u>*9:00 am Body Condition</u> w/ <u>Melissa Kite</u> <u>*12 pm Pilates Mat</u> w/ <u>Dante Brugger</u> 5:15pm Power Yoga w/ Mark DeWhitt 6:30pm Spinning w/ Nick Pratley 7:45pm Pilates mat w/ Andrea White 8:30 pm Muay Thai Kickboxing w/ Joe Dupuis	6:30am BodySculpting w/ Joe Dupuis 7:30am Kickboxing w/ Mark Coronel 10:30am Restorative Yoga w/ Deborah Grant 12pm Pilates mat w/ Shana Stark 5:15pm Power Yoga w/ Marie Kessler 6:30pm Spinning w/ Milanna Saraiva 7:45pm Kickboxing w/ Mark Coronel	7am Power Yoga w/ Marie Kessler 11:00am Level 2 Yoga w/ Mark Dewhitt 12:15pm Spinning w/ Monica Klukowski 5:30pm Flow Yoga *w/ Bryan Belazza 7:00pm Muay Thai Kickboxing w/ Joe Dupuis	9:30am BodySculpting w/ Joe Dupuis 10:30am Power Yoga w/ Alexandria Cree 11:30am KickBoxing w/ Mark Coronel 12:30pm Pilates mat w/ Andrea White 1:30pm Muay Thai Orientation w/ Joe Dupuis 3:00 pm Spinning w/ Abbey Raish 4:30pm Muay Thai Kickboxing w/ Joe Dupuis	10:30am Flow Yoga *w/ Bryan Belazza 12:30 pm <u>Body Conditioning</u> w/ <u>Melissa Kite</u> 3:00 pm Spinning w/ Abbey Raish 5:30pm Power Yoga * 1 1/2 hour w/ Obi Ndefo

CLASS DESCRIPTIONS

Power_Flow_Ashanga_Hatha Yoga

Power yoga's derivation comes from the ancient discipline of Ashtanga. The word Ashtanga (pronounced ash-TONG-uh) is another Sanskrit term which means "eight-limbed". It is a very old sequence of postures known for it's use of vinyasa: movement from posture to posture, each connected by a single breath. Power yoga is similar to Ashtanga only in its use of vinyasa, the movement – breathing system. Most teachers of Power yoga design their own sequence of postures to teach rather than stick to the rigorous ancient sequence of Ashtanga. Hatha means firm or resolute, implying both the physical holding of asana(yoga poses), and the psycho-mental will and determination. The syllable ha represents sun energy – active, fiery, dynamic. Tha represents moon energy – reflective, calming, restful. Thus Hatha yoga promotes rhythmic harmony of both these energies. Classes incorporate strong standing poses and moving sequences, seated and lying poses that promote organ function and stretch muscles, and poses that reverse gravity effects and tone the endocrine and nervous system

Pilates / mat

In ten sessions you will look different, in twenty sessions you will feel different, and in thirty sessions you will have a new body. This was Joseph Pilates's belief about his system of exercise. Pilates mat work is some of the most effective work you can do to strengthen the 'core muscles' or your 'powerhouse'. Pilates will strengthen you from the inside out like weights and aerobics cannot. In mat Pilates you use your own body weight as resistance as you perform a series of exercises that work on core stabilization, spine flexion, extension, and rotation. In other words you get strong and flexible at the same time.

Spinning

Whether you're in it to lose weight, tone and tighten your lower body, or just work up an incredible sweat, cycling is one of the most effective workouts you can do to get and stay in shape. So get up off your rear end and work it.

Kickboxing

Using the principles of Muay Thai kickboxing, this class will work both your mind and your body. Get your heart pumping as you learn and practice kicks and punches in a fun and exhilarating environment. Not only will you develop strength, power, and speed, but you will also get a groan inducing abdominal workout. KickBoxing is a great way to get out your aggressions while developing the body you've always wanted.

Body Sculpting & Conditioning

Are you looking for a full body workout? Target all the major muscle groups in one workout - arms, legs, chest, back, shoulders, abs and glutes...it's all here! Plus we'll pay special attention to the abdominals! For beginners, this is a great introduction to total body fitness, and for the more advanced, it's a great way to eliminate weaknesses and chisel your physique. Regardless of your fitness level, rest assured you'll get an awesome workout.

Yoga Hybrid

An all levels yoga class emphasizing alignment, flexibility, strength and relaxation. Yoga and pilates postures, cardio and weights are some of the tools integrated into each class to keep the muscles and mind challenged and engaged.

FYI

Spinning bikes are compatible for LOOK and SPD cleats, or will accommodate any sneaker.

Kickboxing classes are contact classes; students may be teamed up for sparring.

All Spinning Classes are 45 - 50 minutes

Maury Tai Kickboxing is 90 minutes

All other classes are roughly 1hr

your comments and suggestions are always encouraged...it is with them that we'll continue to build a great class schedule.

NEW CLASSES

PLEASE BE AWARE OF NEW CLASS TIMES

*Body Sculpt w/ Melissa Kite is now @ 9 a.m. M/W

*Mat Pilates is now at 12 p.m.(noon) M T W TH

*Restorative Yoga T/Th @ 10:30 a.m. w/ Deborah

visit us @ eastongymco.com for updates and changes