

GROUP FITNESS SCHEDULE

This Schedule begins:
January 1, 2012



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7am Power Yoga w/Tasha Rein 9am Boot Camp Sculpt w/Jessica Gannon 11am TRX SL SB w/Brent Richardson 12pm Pilates Mat w/Andrea White 5:15pm Flow Yoga w/T Livingstone 6:30pm Spinning Music w/Monika 7:30pm Pilates Mat w/Andrea White 8:30pm Muay Thai Kickboxing w/Avi Ross	6:30am Upper Body Sculpt w/Mark Coronel 7:30am Kickboxing w/Mark Coronel 10:30am Restorative Yoga w/Deborah Grant 12pm Pilates Mat w/Shana Stark 1:30pm TRX SL SB w/Brent Richardson 5:15pm Power Yoga w/Jason rebel 6:30pm Spinning w/Matt Harkenrider 7:45pm Kickboxing w/Mark Coronel	7am Power Yoga w/Tasha Rein 9am Boot Camp Sculpt w/Jessica Gannon 11am TRX SL SB w/Brent Richardson 12pm Pilates Mat w/Andrea White 5:15pm All Level Yoga w/Mark Dewhitt 6:30pm Spinning w/Monika Music 7:30pm Pilates Mat w/Andrea White 8:30pm Muay Thai Kickboxing w/Avi Ross	6:30am Lower Body Sculpt w/Mark Coronel 7:30am Kickboxing w/Mark Coronel 10:30am Restorative Yoga w/Deborah Grant 12pm Pilates Mat w/Shana Stark 1:30pm TRX SL SB w/Brent Richardson 5:15pm Power Yoga w/Jason rebel 6:30pm Spinning w/Nick Pratley 7:45pm Kickboxing w/Mark Coronel	7am Power Yoga w/Tasha Rein 9am Strength, Stretch, and Alignment w/Melissa Kite 11am All Level Yoga w/Mark Dewhitt 12:15pm Spinning w/Monika Music 1:30pm Pilates Mat w/Shana Stark 5:30pm Flow Yoga w/Jason Rebel 7:00pm Muay Thai Kickboxing w/Avi Ross	8am Boot Camp Sculpt w/Jessica Gannon 9:30am Upper BodySculpt w/Steven Hill 10:30am Power Yoga w/T Livingstone 11:30m Kickboxing w/MarkCoronel 12:30pm Pilates Mat w/Christopher Pelletier 1:30pm Muay Thai Kickboxing w/Avi Ross	10:30am Flow Yoga w/Bryan Belazza 12:30pm Strength, Stretch, and Alignment w/Melissa Kite

CLASS DESCRIPTIONS

Power_Flow_Ash tanga_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 its 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' 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. 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

Muay Tai Kickboxing is 90 minutes

All other classes are roughly 1hour

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

NEW CLASSES

All classes in RED are sign up only classes!

TRX SL SB is a fantastic total body workout

also on TWITTER.com: eastongymco for immediate class and schedule changes!
visit us @ eastongymco.com for updates