

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>STEP INTERVAL</b> 5:30-6:30 AM <i>Megan</i> Group Ex. Studio	<b>TRX</b> 6:00-7:00 AM <i>Tamara</i> Fitness Studio	<b>HIIT</b> 6:00-7:00 AM <i>Tamara</i> Group Ex. Studio	<b>STRENGTH TRAINING</b> 5:30-6:25 AM <i>Megan</i> Group Ex. Studio	<b>STRETCH</b> 8:20-8:50 AM <i>Tina</i> Multipurpose Room	<b>STEP CHALLENGE</b> 6:30-7:30 AM <i>Megan</i> Group Ex. Studio	<b>BODYCOMBAT</b> 8:00-9:00 AM <i>Tony</i> Group Ex. Studio
<b>RPM</b> 7:45-8:20 AM <i>Neda</i> Multipurpose Room	<b>MAT PILATES</b> 7:45-8:30 AM <i>Eileen</i> Group Ex. Studio	<b>ZEN</b> 8:00-8:45 AM <i>Jim/Julie</i> Group Ex. Studio	<b>BODYCOMBAT</b> 6:30-7:15 AM <i>Kile</i> Group Ex. Studio	<b>BARRE</b> 8:30-9:15 AM <i>Samantha</i> Group Ex. Studio	<b>RPM</b> 8:15-9:00 AM <i>Larry</i> Multipurpose Room	<b>TRX</b> 9:00-10:00 AM <i>Tamara</i> Fitness Studio
<b>TRX CIRCUIT</b> 8:30-9:15 AM <i>Jennifer</i> Fitness Studio	<b>BODYPUMP</b> 8:40-9:40 AM <i>Jennifer</i> Group Ex. Studio	<b>RPM</b> 9:30-10:15 AM <i>Neda</i> Multipurpose Room	<b>BODYPUMP</b> 8:40-9:40 AM <i>Neda</i> Group Ex. Studio	<b>YOGA</b> 9:30-10:30 AM <i>Jennifer</i> Fitness Studio	<b>BODYPUMP</b> 8:15-9:15 AM <i>Kile</i> Group Ex. Studio	<b>YOGA</b> 9:05-10:05 AM <i>Jim/Larry</i> Group Ex. Studio
<b>STRETCH</b> 9:00-9:30 AM <i>Kathy</i> Multipurpose Room	<b>CHAIR YOGA</b> 10:30-11:30 AM <i>Patty</i> Multipurpose Room	<b>CHAIR YOGA</b> 10:30-11:30 AM <i>Jim</i> Multipurpose Room	<b>YOGA</b> 9:45-10:45 AM <i>Jennifer</i> Fitness Studio	<b>RPM</b> 9:30-10:15 AM <i>Neda</i> Multipurpose Room	<b>HIIT</b> 9:20-9:50 AM <i>Kile</i> Group Ex. Studio	
<b>FOREVER FIT</b> 9:45-10:30 AM <i>Tina</i> Group Ex. Studio	<b>ZUMBA GOLD</b> 11:45 AM-12:30 PM <i>Lucy</i> Group Ex. Studio	<b>FOREVER FIT</b> 10:30-11:15 AM <i>Tina/Julie</i> Group Ex. Studio	<b>CHAIR YOGA</b> 10:30-11:30 AM <i>Eileen</i> Multipurpose Room	<b>RESTORATIVE YOGA</b> 12:00-1:00 PM <i>Eileen</i> Fitness Studio		
<b>YOGA</b> 9:45-10:45 AM <i>Jennifer</i> Multipurpose Room	<b>BODYCOMBAT</b> 5:15-6:10 PM <i>Larry</i> Group Ex. Studio	<b>BODYPUMP</b> 12:00-1:00 PM <i>Jennifer</i> Group Ex. Studio	<b>ZUMBA GOLD</b> 11:45 AM-12:30 PM <i>Lucy</i> Group Ex. Studio	<b>BODYCOMBAT</b> 5:00-6:00 PM <i>Tony</i> Group Ex. Studio		
<b>BODYPUMP</b> 12:00-1:00 PM <i>Heather/Neda</i> Group Ex. Studio	<b>BODYPUMP</b> 6:15-7:15 PM <i>Larry/Kile</i> Group Ex. Studio	<b>HIIT</b> 5:00-5:30 PM <i>Kile</i> Group Ex. Studio	<b>ZUMBA</b> 5:30-6:30 PM <i>Lucy</i> Group Ex. Studio			
<b>BODYPUMP</b> 5:30-6:30 PM <i>Heather/Kile</i> Group Ex. Studio		<b>BODYPUMP</b> 5:35-6:20 PM <i>Kile</i> Group Ex. Studio	<b>STRENGTH TRAINING</b> 5:30-6:30 PM <i>Tamara</i> Fitness Studio			
<b>ZUMBA</b> 5:30-6:30 PM <i>Lucy</i> Fitness Studio		<b>ZUMBA</b> 6:30-7:30 PM <i>Lucy</i> Group Ex. Studio	<b>YOGA</b> 6:45-7:45 PM <i>Jim</i> Group Ex. Studio			
<b>YOGA</b> 6:45-7:45 PM <i>Lauralee</i> Group Ex. Studio						

No outdoor shoes in studios. Classes/Instructors subject to change without notice. See back for class descriptions or visit [courtsplus.com/group-exercise](https://courtsplus.com/group-exercise) for class descriptions

**BARRE** Inspired by Pilates, strength training and Yoga, you will use light weights, gliding discs, bender balls and more while focusing on isometric holds to contract muscles. Small range movements combined with high reps will target your muscles and core like never before!

**BODYCOMBAT™** is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, boxing, Taekwondo, Tai Chi and Muay Thai. Supported by driving music and powerful role model instructors strike, punch, kick, and kata your way through calories to superior cardio fitness.

**BODYPUMP™** is the original barbell class that strengthens your entire body. BodyPump challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Your choice of weight will inspire you to get the results you came for and fast!

**Chair Yoga** Get the benefits of yoga without being on the floor! Modified postures include seated and standing positions using the chair for support.

**Cycle** Our cycling classes are a low impact way to drive cardiovascular fitness and better muscular endurance. All skill levels benefit from cycling: first timers, intermediate level participants, street riders and experienced racers. Come join a fun and effective workout which impacts all your daily activities. We will fit you to a bike to maximize your ride.

**Forever Fit** This low impact class is designed for beginners or those who are coming back to fitness. With some light weights and light cardio no class is ever the same!

**HIIT** is mixing short bursts of intense work followed by recovery periods. Scorch calories and watch your cardio endurance soar!

**Mat Pilates** Pilates is a form of low-impact exercise that aims to strengthen abdominal muscles while improving postural alignment and flexibility.

**RPM** An indoor cycling workout where you control the intensity. With great music pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints and flat riding.

**Step Interval** This class combines step and strength into one workout. By doing short circuits of cardio on the step followed by intervals of strength, you will leave feeling like you got an amazing workout.

**Step Challenge** Burn tons of calories in this energetic, high paced step challenge class.

**Strength Training:** Using a variety of equipment and training methods, you will increase your strength and work on building lean muscle!

**Stretch** A class of flexibility exercises for the entire body. All fitness levels are welcome.

**STRONG** Moving in sync with music to drive intensity, this non-dance based class is a combination of high intensity interval training exercises that will cause your fitness level to soar!

**TRX** A non-stop circuit designed with functional movement patterns and high intensity efforts using TRX Straps, weights & more. This class will hit your body in a way you haven't worked before!

**Yoga** A relaxing and non-impact class that will leave you feeling exhilarated. The regular practice of Yoga can restore and enhance strength, flexibility and balance to your mind and body.

**Yoga Sculpt** A total body workout combining weights, cardio and Yoga postures.

**Zen** A fusion style flexibility workout combining Pilates, Yoga and Strength in a flowing sequence.

**Zumba** This class incorporates Latin and international rhythms along with dance steps like salsa, cumbia, merengue and reggaeton in a class that is fun and easy to do.

**Zumba Gold** For the active older adult or individuals new to exercise. Motivating music, unique moves and combinations, fun and easy to do!

**Zumba Toning** Using light weights, you will tone your arms, core and lower body during this fun dance inspired workout.

**\*Cycle and RPM classes:**  
Registration required  
2 hours-4 days in advance.  
Register at [epd.org](http://epd.org)

**Register at [epd.org](http://epd.org)**

No outdoor shoes in studios.  
Classes/Instructors subject to change without notice. See back for class descriptions or visit [courtsplus.com/group-exercise](http://courtsplus.com/group-exercise) for class descriptions