

# COURTS PLUS GROUP EXERCISE SCHEDULE

JUNE 27 – SEPTEMBER 4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>STEP INTERVAL</b> 5:30-6:30 AM Meagan <a href="#">Group Ex. Studio</a>	<b>TRX</b> 6:00-7:00 AM Tamara <a href="#">Fitness Studio</a>	<b>HIIT**</b> 6:00-7:00 AM Tamara <a href="#">Group Ex. Studio</a>	<b>BODYCOMBAT</b> 6:30-7:15 AM Kile <a href="#">Group Ex. Studio</a>	<b>BARRE</b> 8:30-9:20 AM Samantha <a href="#">Group Ex. Studio</a>	<b>BODYPUMP</b> 8:15-9:15 AM Kile <a href="#">Group Ex. Studio</a>	<b>BODYCOMBAT</b> 8:00-9:00 AM Tony <a href="#">Fitness Studio</a>
<b>CYCLE*</b> 6:00-6:45 AM Eileen <a href="#">Multipurpose Room</a>	<b>MAT PILATES</b> 7:45-8:30 AM Eileen <a href="#">Group Ex. Studio</a>	<b>CYCLE*</b> 6:00-6:45 AM Michelle <a href="#">Fitness Studio</a>	<b>BODYPUMP</b> 8:40-9:40 AM Neda <a href="#">Group Ex. Studio</a>	<b>YOGA**</b> 9:30-10:30 AM Jennifer <a href="#">Fitness Studio</a>	<b>CYCLE*</b> 8:15-9:00 AM Michelle <a href="#">Multipurpose Room</a>	<b>YOGA</b> 9:00-10:00 AM Andrea/Larry <a href="#">Group Ex. Studio</a>
<b>STRONG</b> 8:00-8:45 AM Lucy <a href="#">Group Ex. Studio</a>	<b>BODYPUMP</b> 8:40-9:40 AM Vicky <a href="#">Group Ex. Studio</a>	<b>ZEN</b> 8:00-8:45 AM Julie <a href="#">Group Ex. Studio</a>	<b>YOGA <input type="checkbox"/></b> 9:45-10:45 AM Jennifer <a href="#">Fitness Studio</a>	<b>CYCLE*</b> 9:30-10:15 AM Samantha <a href="#">Multipurpose Room</a>	<b>HIIT</b> 9:15-10:00 AM Michelle <a href="#">Fitness Studio</a>	<b>TRX</b> 9:00-10:00 AM Tamara <a href="#">Fitness Studio</a>
<b>TRX</b> 8:15-9:00 AM Jennifer <a href="#">Fitness Studio</a>	<b>CHAIR YOGA</b> 10:30-11:30 AM Jennifer <a href="#">Multipurpose Room</a>	<b>RPM*</b> 9:00-9:45 AM Neda <a href="#">Fitness Studio</a>	<b>CHAIR YOGA</b> 11:20 AM-12:20 PM Eileen <a href="#">Multipurpose Room</a>	<b>RESTORATIVE YOGA</b> 12:00-1:00 PM <input type="checkbox"/> Eileen <a href="#">Fitness Studio</a>	<p><b>Register at <a href="http://epd.org">epd.org</a></b></p> <p><input type="checkbox"/> <b>Classes available virtually and in-person:</b> Register two (2) hours – four (4) days in advance</p> <p><b>*Cycle and RPM classes:</b> Register two (2) hours – four (4) days in advance</p> <p><b>**Class sometimes held outdoors:</b> Class will meet in studio</p> <p>No outdoor shoes in studios.</p> <p>Classes/Instructors subject to change without notice.</p> <p>See back for class descriptions or visit <a href="http://courtsplus.com/group-exercise">courtsplus.com/group-exercise</a> for class descriptions</p>	
<b>STRETCH</b> 9:05-9:35 AM Jennifer <a href="#">Multipurpose Room</a>	<b>BODYCOMBAT</b> 5:15-6:10 PM Larry <a href="#">Group Ex. Studio</a>	<b>BODYPUMP</b> 12:00-1:00 PM Jennifer <a href="#">Group Ex. Studio</a>	<b>ZUMBA TONING</b> 5:30-6:00 PM Lucy <a href="#">Group Ex. Studio</a>	<b>BODYCOMBAT</b> 5:00-6:00 PM Tony <a href="#">Group Ex. Studio</a>		
<b>YOGA</b> 9:45-10:45 AM Jennifer <a href="#">Multipurpose Room</a>	<b>RPM*</b> 6:20-7:05 PM Michelle <a href="#">Fitness Studio</a>	<b>ZUMBA</b> 5:30-6:30 PM Lucy <a href="#">Group Ex. Studio</a>	<b>BODYSTRENGTH**</b> 5:30-6:30 PM Tamara <a href="#">Fitness Studio</a>			
<b>BODYPUMP</b> 5:30-6:30 PM Heather <a href="#">Group Ex. Studio</a>	<b>BODYPUMP</b> 6:15-7:15 PM Larry <a href="#">Group Ex. Studio</a>	<b>YOGA</b> 7:00-8:00 PM Jim <a href="#">Group Ex. Studio</a>	<b>STRONG 30</b> 6:05-6:35 PM Lucy <a href="#">Group Ex. Studio</a>			
<b>ZUMBA/STRONG 30</b> 5:45-6:50 PM <input type="checkbox"/> Lucy <a href="#">Fitness Studio</a>			<b>BODYPUMP</b> 6:45-7:45 PM Vicky <a href="#">Group Ex. Studio</a>			
<b>FLOW &amp; RESTORE YOGA</b> 6:45-7:45 PM Lauralee <a href="#">Group Ex. Studio</a>						

**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.

**Flow and Restore Yoga** Get the best of both in this Vinyasa and Restorative Yoga class. First, flow through postures breath to movement creating strength and flexibility then slow down in Restorative Yoga where you will hold postures for longer periods of time encouraging physical and mental relaxation.

**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.

**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.

**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, merengue, cha cha, and samba in a class that is 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.

**20/20/20 or 15/15/15** 20 (or 15) minutes of cardio, strength and core.

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

### Virtual classes

Register two (2) hours – four (4) days in advance

### \*Cycle and RPM classes

Register two (2) hours – four (4) days in advance

### \*\*Class sometimes held outdoors

Class will meet in studio

No outdoor shoes in studios.

Classes/Instructors subject to change without notice.