







EAST *Group Exercise Class Schedule*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		6:00am Body Sculpt 55 min.		6:00am Body Sculpt 55 min. NEW	5:45am PIYO 45min.	8:00am PACE In the Gym 55 min. NEW
		8:15am Abs/Glutes 30 min.		8:15am Abs/Glutes 30 min.		8:00am Pilates 45 min.
	8:30am Total Body Conditioning 70 min.	8:45am Zumba 55 min.	8:45am Body Sculpt 55min. NEW	8:45am TurboKick 55 min. NEW	8:45am Total Body Conditioning 55 min. NEW	9:00am Body Sculpt 55 min.
9:30am Body Sculpt 55 min.	9:50am Pilates 55 min.	9:50am Power Stretch 55 min.	9:50am Pilates 55 min.	9:50am Power Stretch 55 min.	9:50am PIYO 55 min. NEW	10:00am Hip Hop Hustle 55 min.
	12:00pm PIYO 55min.		12:00pm Body Sculpt 55min.			11:00am Intro to Pilates 45 min. NEW
4:00pm Iron Power Stretch 55min.	4:00pm Power Stretch 55min.					
5:00pm Zumba Express 45 min.	5:00pm Step & Sculpt 55 min.	4:30pm Body Sculpt 55 min.	4:00pm Iron Power Stretch 55 min. NEW	4:30pm Body Sculpt 55 min.	4:30pm Pilates 45 min.	
	6:00pm PACE In the Gym 55 min.	5:30pm TurboKick 55 min.	5:00pm Total Body Conditioning 55 min.	5:30pm TurboKick 55 min.	5:20pm Zumba Express 45 min.	
	6:00pm Hip Hop Hustle 55 min. NEW	6:30pm Power Stretch/Pilates 55 min. NEW	6:00pm Zumba 55 min.	6:30pm Power Stretch 55 min.		
	7:00pm Body Sculpt 55 min.		7:00pm Pilates 45 min.			

*5:15 pm Intro to Spin class will be the 1st & 3rd Tuesday of every month.

EAST *Spinning®*

	5:45am 60 min.	8:45am 60 min.	5:45am 60 min.		5:45am 60 min.	
8:30am 60 min.	8:30am 60 min.	12:00pm Express 45 min.	8:15am Express 45 min.	8:45am Express 45 min.	8:30am 60 min.	8:00am 60 min.
		5:15pm New Spinner 30 min. <small>1st & 3rd Weeks of Month ONLY</small>				9:30am 60 min.
	6:00pm 60 min.	6:00pm 60 min.	5:30pm 60 min.	5:30pm 75 min.	5:30pm Express 45 min. NEW	

All water exercise instructors are AEA (Aquatics Exercise Association) certified.

EAST *Water Aerobic & Pool Schedule*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	10:00am Aqua Strength & Endurance 60 min.		10:00am Aqua Strength & Endurance 60 min.	10:00am Senior Water Aerobics 60 min.	10:00am Aqua Strength & Endurance 60 min.	8:00am Aqua Step Strength & Tone 60 min.
1:00pm FAMILY SWIM 2 Hours						9:00am Water Power 60 min.
		6:00pm Water Power 60 min.		6:00pm Water Power 60 min.		10:00am FAMILY SWIM 2 Hours

GROUP PERSONAL Training

Group TRX Training
Group Kettlebell Training

FREE DEMOS!
One Free Demo/Month

EAST *Group Personal Training Schedule*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:00am Progressive Style TRX & Kettlebell 60 min.	10:00am TRX Open Session 60 min.	9:00am Progressive Style TRX & Kettlebell 60 min.	10:00am FREE TRX Demo 45 min.		
	5:00pm FREE TRX & Kettlebell Demo 45 min.		5:00pm FREE TRX & Kettlebell Demo 45 min.			
	6:00pm Progressive Style TRX & Kettlebell 60 min.		6:00pm Progressive Style TRX & Kettlebell 60 min.			

1. OPEN SESSION

Join at any time. Sessions may be purchased at the front desk

2. PROGRESSIVE STYLE PROGRAM

Sign up for a 4-8 week program. Enrollment is closed once the program begins. Schedule and information is available at the front desk.

MEMBER

- SINGLE SESSION\$15.00
- 10-GROUP SESSIONS.....\$100.00

PROGRESSIVE 4 TO 8 WEEK PROGRAM

Sign up at the Front Desk

Brochure & Info available at the Front Desk



EAST *Group Exercise Class Descriptions*

Abs & Glutes: A 30 minute class that specifically focuses on challenging the abdominal and gluteal muscles. This quick class will help you achieve stronger abdominals and glutes.

Body Sculpt: Using a variety of equipment including weighted body bars, resistance tubing, stability balls, dumbbells and BOSU's to define and tone the upper and lower body. **Express:** 45 minutes

Hip Hop Hustle: Burn calories as you burn up the dance floor! Hustle is a blend of hip hop and dance moves. This workout is easy to follow. Anyone can participate! Join the dance party, drop the pounds, and get rapid results. **Express:** 45 minutes

On The Ball: Get on the ball and feel like a kid again! Class will include muscle toning, core (i.e. abs, backs and bottoms) and balance work all using the stability ball.

Iron Power Stretch: Enjoy the balance and stretch aspects of Power Stretch while utilizing body sculpting movements enhancing strength and relaxation techniques.

PACE: Performance and Conditioning Exercises is sports conditioning for all athletes. Work at your own PACE. Cross train and maximize caloric expenditure working the entire spectrum of cardiovascular and muscle fitness: core conditioning, stability, balance, coordination and agility.

Pilates: Pilate's-based exercise trains the body for real life muscle function. You will see significant improvements in your posture, strength, functional flexibility and your quality of movement. Class may also utilize "Small Apparatus" which consists of certain equipment including: Fitness Circle, Fit-Ball, Small Ball, or Foam Roller. Intermediate to advanced.

PIYO: Unique athletic blend of strength training and core conditioning with a foundation in Pilates and Power Stretch. The combined moves form effective choreography that's challenging and will make you sweat. It's about energy, power, and rhythm. Think sculpted abdominals, increased overall core strength, and greater stability.

Power Stretch: A flowing sequence of movements to strengthen and stretch your entire body. Increase your flexibility and posture while relaxing your mind.

Step & Sculpt: A blend of cardiovascular and strength training intervals. Challenge your cardiovascular system body by stepping rhythmically onto an adjustable platform alternating with strengthening movements to make you sweat and burn.

Total Body Conditioning: Body Sculpting class with more pizzazz that will increase your metabolism and cardiovascular capacity by using a variety of equipment including weighted body bars, resistance tubing, stability balls, dumbbells and BOSU's to define and tone the upper and lower body.

TurboKick: A combination of intense kickboxing moves as well as dance moves all perfectly choreographed to high energy and motivating music. It's the ultimate cardiovascular challenge that's a unique blend of intense intervals, strength/endurance training, and a relaxing cool-down. **Express:** 45 min.

Zumba: Dance to the pulsating beat of high-energy music. Zumba is a style of intense dance aerobics which incorporates simplified footwork and body movements from salsa, flamenco, hip hop and many other dance forms. **Express:** 45 min.

EAST Spinning® Class Descriptions

NEW SPINNER: First and Third Tuesday of each month, learn spin bike setup, learn the movements of spinning, find out what to bring to each class. After a short break, jump on the bike and join us for all or part of the Tuesday night class. Ride at your own pace for as long as you like and have fun.

SPIN EXPRESS: 45 minute ride

The Spinning® program incorporates five Energy Training Zones:

Recovery - Endurance - Strength - Interval - Race Day

What to bring:

Moisture-wicking clothing. Wear a lightweight shirt such as a cycling jersey to keep you cool and dry.

Padded cycling shorts.

Water, before, during, and after your ride.

Towel. You'd be surprised how much you will sweat!

Heart rate monitor. The Spinning® program is based on heart rate parameters.

Stiff-soled shoes or cycling shoes.

EAST Aqua Class Descriptions

Aqua Strength & Endurance: This class emphasizes total body conditioning using natural resistance of the water. Participants can vary their own pace to suit their unique goals and needs. We will begin with a 5 minute warm up and stretch followed by 40 minutes of cardio, then 15 minutes of strength training.

Water Power: This is a high intensity total body conditioning class. This class includes cardiovascular moves that help strengthen the body by using the properties of the water. Buoyant and resistant equipment is utilized to increase strength, endurance and flexibility.

Aqua Step, Strengthen and Tone: This aqua step class incorporates intense 4-5 minute exercise intervals with two minute active recovery periods for a challenging workout. Buoyant and resistance equipment is used to strengthen and tone muscle groups.

Senior Water Aerobics: This low impact class is paced for seniors and designed to promote joint flexibility, range of motion, and agility while building cardiovascular fitness and muscle strength.

MASSAGE Therapy

Hot Stone
Massage Available
with Gretta

Your body needs rejuvenation.

Massage can help keep your body strong and healthy.

Did you know...

Massage treats joint dysfunction and muscle pain

Massage keeps you at your optimum race pace training

Massage prevents injuries and aids in recovery from over training

Massage relieves the common stress symptoms

Massage reduces aches and pains of pregnancy

Schedule a message with Judith,
or Jenny today!

30 Minutes 40.00

1 Hour 60.00

1-1/2 Hours 75.00

2 Hours 100.00