



EPPING-FOREST
YACHT & COUNTRY CLUB

Fitness Class Schedule for November 2018

Contact the Fitness Center at 739-7023 for additional information

MONDAY

5:30 A.M.
TOTAL BODY WORK
60 minutes (Andre)
Studio A

8 A.M.
VINYASA YOGA FLOW
75 minutes (Andrea)
Studio A

9 A.M.
*FIT FLOOR \$3
45 minutes (Kacie)
On the gym floor
LIMITED TO 8 PEOPLE ONLY
First come, first serve

9 A.M.
*TRX \$5
30 minutes (Jen)
Studio B

9:30 A.M.
* PILATES BARRE \$3
45 minutes (Heather)
Studio B

9:45 A.M.
* PILATES REFORMER \$10
45 minutes (Jen)
Studio A
Limited to 4 people

5 P.M.
* PILATES REFORMER \$10
45 Minutes (Heather)
Studio A

6 P.M.
* SPINNING \$3
60 Minutes (Beth)
Studio B

6 P.M.
GENTLE YOGA
60 minutes (Debbi)
Studio A

TUESDAY

5:30 A.M.
* SPINNING \$3
60 minutes (Andre)
Studio B

8:15 A.M.
A.B.S.
45 minutes (Jon)
Studio B

8:15 A.M.
VINYASA YOGA FLOW
60 minutes (Debbi)
Studio A

9:20 A.M.
* ZUMBA \$3
40 minutes (Debbi)
Studio B

9:30 A.M.
* INTERMEDIATE
PILATES \$5
45 minutes (Heather)
Studio A

10 A.M.
* BODY MAGIC \$3
60 minutes (Sandy)
Studio B

4:15 P.M.
TRX \$5
30 minutes (Jen)
Studio B
LIMITED TO 3 PEOPLE.
Can sign up 48 hours in advance.

5:30 P.M.
* PILATES REFORMER \$10
45 minutes (Jen)
Studio A
Limited to 4 people

WEDNESDAY

6 A.M.
TOTAL BODY WORK
60 minutes (Andre)
Studio B

8 A.M.
VINYASA YOGA FLOW
75 minutes (Andrea)
Studio A

9 A.M.
*TRX \$5
30 minutes (Jen)
Studio B

9:30 A.M.
* PILATES/BARRE \$3
45 minutes (Jen)
Studio B

9:30 A.M.
* STRENGTH & STRETCH \$4
45 minutes (Kacie)
Studio A
LIMITED TO 8 PEOPLE ONLY
First come, first serve

4 P.M.
* BODY MAGIC \$3
60 minutes (Sandy)
Studio B

5:45 P.M.
* FLEXXIT
60 minutes (Alisa)
Studio A

THURSDAY

5:30 A.M.
* SPINNING \$3
60 minutes (Andre)
Studio B

7 A.M.
SPINNING \$3
60 minutes (Beth)
Studio B

8:15 A.M.
A.B.S.
45 minutes (Jon)
Studio B

9:10 A.M.
* ZUMBA \$3
45 minutes (Debbi)
Studio B

9:30 A.M.
* INTERMEDIATE PILATES \$5
45 minutes (Heather)
Studio A

10 A.M.
* BODY MAGIC \$3
60 minutes (Sandy)
Studio B

NOON
* CYCLE & STRETCH \$4
60 minutes (Andre)
Studio B

4:15 P.M.
TRX \$5
30 minutes (Jen)
Studio B
LIMITED TO 3 PEOPLE.
Can sign up 48 hours in advance.

5 P.M.
* PILATES REFORMER \$10
45 Minutes (Heather)
Studio A

6 P.M.
GENTLE YOGA
60 minutes (Debbi)
Studio A

FRIDAY

5:30 A.M.
*SUNRISE YOGA W/ ANDRE
45 minutes
Studio B

8:30 A.M.
SHRED \$3
45 minutes (Jon)
On the gym floor

8:00 A.M.
* SPINNING \$3
60 minutes (Alisa)
Studio B

8:30 A.M.
PILATES REFORMER \$10
60 minutes (Heather)
Studio A

9:15 A.M.
SHRED \$3
45 minutes (Jon)
On the gym floor

9:30 A.M.
VINYASA YOGA FLOW
60 minutes (Debbi)
Studio A

9:45 A.M.
* PILATES BARRE \$3
45 minutes (Heather)
Studio B

11:15 A.M.
CARDIO FIT \$3
60 minutes (Kacie)
Studio B

SATURDAY

8 A.M.
* SPINNING \$3
60 minutes (Kristen)
Studio B

9:30 A.M.
* VINYASA YOGA FLOW
60 minutes (Debbi)
Studio A

10:40 A.M.
* ZUMBA \$3
45 minutes (Debbi)
Studio B

SUNDAY

12:30 P.M.
* BARRE \$3
45 minutes (Heather)
Studio B

1:30 P.M.
* PILATES REFORMER \$10
60 minutes (Heather)
Studio A

4:30 P.M.
VINYASA YOGA FLOW
75 minutes (Ken)
Studio B

*Fit Club Activity

Scroll down to see
class descriptions

FITNESS CENTER HOURS | 739-7023

Monday - Thursday
5 a.m. – 9 p.m.

Friday
5 a.m. – 8 p.m.

Saturday
7:30 a.m. – 6 p.m.

Sunday
9 a.m. – 6 p.m.

CLASS DESCRIPTIONS

- **A.B.S. (Absolute Body Sculpt)** A total body workout using various modalities to enhance overall health, wellness and physique. All fitness levels welcome!
- **AQUA AEROBICS** - Join Beth every Monday in the adult pool for an organized group class where various exercises are performed in the water to help increase strength, endurance and stamina.
- **BARRE** - Combines Pilates, yoga and ballet moves to give you beautiful, sculpted, lean muscles – without the impact and injuries dancers endure. It will burn your muscles to their fullest potential and then stretches and elongates that same muscle group.
- **CARDIO FIT** - This class involving weights, cardio intervals, abs and stretching. This class involves total body exercises that build muscle while including low impact cardiovascular exercises to offer a total well rounded routine for your muscles, heart, and lungs. Cardio Fit is suited for ages young to old and promises to provide a safe low impact workout, yet an effective, alternative to weights and cardio training.
- **FIT FLOOR \$3** -Kacie will take you through a series of circuits on the gym floor targeting large muscle groups with barbells, dumbbells, machines, and cardio. Expect a 45min workout that will leave you feeling strong, fit, and fabulous!
- **FLEXXIT** - Flexxit is a 60 minute class that will help increase muscle mass, improve body definition, improve stamina, improve fat burning and improve athletic performance. Flexxit training has options for all levels of fitness and options for all ages.
- **GENTLE YOGA** - A class suitable to beginners and open to all levels. Connect with your breath through joint-free sustained poses. Get down, dog!
- **BODY MAGIC** - A one hour class to warm up, stretch, & flex your muscles. A low impact class geared towards a mature age group.
- **HOUNDS IN A HURRY** - Enjoy a walk around the property with your furry friend!
- **INTERMEDIATE PILATES \$5** - Designed for those with basic knowledge of Pilates and its principles. Incorporates core strength and endurance training on the mat with props to challenge you. Pull it in and tuck it under!
- **PILATES BARRE \$3** - During Pilates Barre, you can expect 45-minutes of muscle-quivering, and total body strengthening, lengthening and toning in an encouraging small-group setting. All muscle groups, from large to small, are strengthened in a non-aggressive, non-impact manner making this workout as good for your muscles as it is for your joints. Your spine stays protected, your mind engaged, and your body pushed to its limits.
- **PILATES REFORMER** - The class emphasis is on rhythmic, flowing sets of movements which increase strength, flexibility and stamina while also improving alignment, balance, coordination and tone. The result of the workout is a uniformly developed body with strong back and abdominal muscles. There are countless different movements in the Group Pilates Reformer classes and these are performed seated, standing, on all fours, or lying on your back, side or front all while using the Pilates Reformer machine.
- **SPINNING \$3/\$4** - Stationary group cycling class using imagery to create experience of riding outside! Hey, let's take a ride up those mountains!
- **SHRED** - High intensity “boot camp” style workout, incorporating cardio and strength style exercises to help build muscle, strength and tone. All fitness levels welcome (workouts can be adjusted to meet your level)
- **STRENGTH & STRETCH** - A 45 minute class using Bosus, stability Balls, and free weights. This class is low impact focusing on balancing movements with weights to work your entire body focusing on the core. Stretching is a key part to any workout, and this class ensures flexibility training is added to each and every workout.
- **TOTAL BODY WORK** - Get a full body workout and a lot of motivational coaching using dumbbells, body bars, resistance bands, Swiss balls, and more. All this to help you look and feel toned and strong!
- **TRX** - The TRX® Suspension Trainer is the original, best-in-class workout system that leverages gravity and your bodyweight to perform hundreds of exercises. The straps let you be in control of how much you want to challenge yourself on each exercise – because you can simply adjust your body position to add or decrease resistance. Join Lynn each week for this exciting new class!
- **VINYASA YOGA FLOW** - A rigorous yet soothing flow of poses, mixing Ashtanga and power yoga. For the beginner through advanced “doggie”.

CUB'S DEN HOURS | 739-7025

Monday - Friday
8 a.m. – 12 p.m. & 4 – 7 p.m.

Saturday
8 a.m. – 6 p.m.

Sunday
CLOSED

New Year's Day
CLOSED

* The Cub's Den will no longer be accepting children after 7 p.m. on Friday or 6pm on Saturday without previously made reservations.

We ask that members call ahead and reserve a place for the child by 2 p.m. on the desired date of service in order for the Cub's Den to remain open that evening.