



SUNDAY

DH 8.00-9.00am Spin™ Beth

MONDAY

DH 8.00-9.00am Yoga Gea
9.30-10.30 Spin™ Teri
6.00-7.00pm Sculpt Jessica

TUESDAY

DH 9.30-10.30am Cardio Mixed Bag Cindy
4.30-5.30pm Yin Yoga Janine
7.00-8.00 Zumba® Margaret
MEL 6.00-7.00pm Boot Camp Dell

WEDNESDAY

DH 9.30-10.30 Spin™ Teri
5.30-6.30pm Sculpt Azad

THURSDAY

DH 9.30-10.30 Spin™ Ed
9.30-10.30 Yoga Karin
11.00-12.00 Power Sculpt Ed
6.00-7.00pm Spin™ Beth
7.00-8.00 Zumba® Azad
MEL 7.00-8.00am Boot Camp Dell

FRIDAY

DH 8.00-9.00am Yoga Gea
9.30-10.30 Sculpt Jessica

SATURDAY

DH 7.30-8.30am Spin™ Beth
9.00-10.00 H.I.I.T. Beth
MEL 9.00-10.00am Boot Camp Dell

Registration (registering for classes in advance is recommended)

Register for classes on the new Eastern Athletic Empower M.E. Portal (www.ourclublogin.com/500398):

- Username is your EAC Member number
- Password is also your Member number
- Do not change your username
- Change your password
- Click "My Activities" to view classes

Fees \$15 per class; Package of 10 classes – \$100

We have instituted safe-health practices at all clubs, with plenty of social distancing and all members and staff required to wear face masks. MERV-13 hospital-grade air filters and HEPA air filtration units with UV lights are installed throughout the clubs, along with hand sanitizing disinfectant stations. Our staff wipe down surfaces in high traffic areas throughout the day.



Endurance

- Boot Camp** A high-intensity, full-body conditioning class.
- Cardio Mixed Bag** Each week is different: Classic Aerobics, Step, Kickboxing, Calisthenics, Sculpt, and more.
- H.I.I.T.** High Intensity Interval Training—the ultimate cardiovascular experience. Alternating between high and low-intensity, the high energy and fast pace make this class challenging, effective, and FUN. Bosu, Kickboxing, and Aerobics are mixed together.
- Zumba®** Calorie-burning and body-energizing. Fast/slow rhythms and resistance training are combined to tone and sculpt your body. Loaded with Latin flavor, this class is exhilarating and addictive.

Studio Cycling

- Spin™** The smooth, low-impact movement of cycling and the fun and stimulation of group exercise are combined to improve endurance and cardiovascular health.

Toning

- Pilates Mat** Based on the work of Joseph Pilates, this class combines control, centering, flow of movement, and breathing. Focus is on core exercises that improve flexibility, joint movement, and overall strength.
- Power Sculpt** A strength and endurance cross-training class where muscle-conditioning exercises are combined to elevate the heart rate and increase muscle endurance.
- Sculpt** A head-to-toe exercise class that includes a warm-up to increase blood flow to muscles, muscle-specific exercises to tone, define, and strengthen your body, and stretching to increase flexibility.
- Yoga** Aside from its obvious mental, spiritual, and flexibility benefits, many of yoga's physical results go unseen. Relaxation, improved digestion, easier respiration, optimized circulation for everyday living, a calmer nervous system, and a more positive outlook on life are all hallmarks of yoga's practice.
- Yin Yoga** A slow-paced, passive style of Yoga with postures being held from 1-5 minutes. This practice soothes the mind, increases flexibility, and enhances range of motion in your spine and joints.
- Yoga** Basic yoga postures for relaxation, meditation, and rejuvenation.

Class Guidelines (Registration for classes is required)

- **Masks must be worn at all times.**
- **Social distancing must be maintained at all times during class.** Be considerate of other Members' space.
- Do not enter a class in progress. If you are late, please check the Schedule for the next available class.
- Members must provide mats for classes; you must provide blankets, blocks, or bolsters for Yoga classes.
- Keep conversation to a minimum as this is disruptive and distracting.
- Water must be bottled—no cups, please. A towel is recommended.
- Coats or bags of any kind are not permitted in the room. Please use a locker.
- While some classes are more advanced than others, all Members are welcome to attend and adjust the intensity level. If you are a beginner or have an injury, advise the instructor and modifications will be made.

Spin Guidelines

- **Masks must be worn at all times.**
- **Social distancing must be maintained at all times during class.** Be considerate of other Members' space.

In addition to those listed above for Classes, please abide by the following policies:

- One-hour class consists of Set-up, 45-minute Spin, and Clean-up. You **must** stay to wipe down your bike.
- No change of pedals is permitted.
- A water bottle and towel are mandatory.