

TOTAL BODY CONDITIONING

BarreTONE– BarreTONE is a full body workout integrating the ballet barre with various strength exercises. The use of light weights, the ballet barre, and small controlled movements help sculpt and tone the body while creating long lean musculature.

Total Body Strength This barbell class, will tone and strengthen your entire body. you'll burn fat, gain strength and quickly see lean body.

BodyBarSTRIKE! Martial arts stick fighting inspired fitness class that integrates kick- boxing drills and athletic drills with weight bearing strikes and blocks. Challenge yourself mentally and physically with this full body interval and strength workout!

Bootcamp - Push yourself harder than you ever have! Bootcamp is uniquely designed to offer variety and to challenge you to a whole new level each class. Utilize battle ropes, plyometric boxes, free weights, kettle bells, and body bars in combination with athletic cardio drills to maximize your calorie burn. Camaraderie is encouraged!

H.I.I.T.- Increase your ability to burn fat with H.I.I.T. (High Intensity Interval Training). H.I.I.T. is an interval based class alternating high intensity intervals with lower intensity intervals to recover. H.I.I.T. can help improve endurance and improve athletic performance.

Interval Sculpt - A dynamic strength class built to get you results! Blast your upper body, lower body, and core while integrating sports related drills to keep your heart pumping!

Totally Tabata - High Intensity Interval Training (HIIT) in its simplest form. 20 seconds intervals with a 10 second recovery. This strength class is sure to drive results by burning calories even post workout!

Zumba® - Join our party!! A high-energy aerobic based class that uses Latin and international rhythm with easy to follow moves. You finish class with a high level of exhilaration! Come check out our Zumba party!

CYCLE CONDITIONING

featuring SPINNING®

Cycle Express - Burn a ton of calories in just 30 minutes! Revive your energy with intense intervals, resistance drills, and peak heart rate zone training.

Spin&Sculpt- Take your cycle skills to the next level! Integrating cardio challenges, hills, and sprints with free weights to help tone arms, shoulders, chest, and back. This class will kick your cycle workout up a notch and maximize your caloric burn.

Interval Ride - Expect hills, jumps, runs, flats, and climbs integrated with high intensity intervals. This class is ideal for adding to your fitness foundation, burning calories, and pushing yourself to that next level!

Weekend Warrior Ride- Whether you call it the end of your weekend or the beginning of your week- this is THE WAY to do it. This class has it all; hills, intervals, jumps, and sprints., geared towards burning off those pesky weekend calories. You'll go home refreshed and refocused.

MIND-BODY CONDITIONING

AirYoga– Take your yoga practice to the next level with AirYoga. Utilize the yoga hammock as a suspension device to enhance muscular resistance, spinal alignment, and deeper stretches.

Hot Yoga– Build the heat with Hot Yoga! Focus on proper breathing, alignment and relaxation while moving in a heated room (90-105F). Develop strength, balance, and flexibility with each pose and increase your mind/body connection.

Power Yoga – Join this yoga class for a challenging workout both physically & mentally. Experience the cardiovascular, strength, and flexibility benefits of yoga. Options and variations will be taught.

Yoga Slow Flow - New to yoga? Designed to take you through a rejuvenating workout utilizing basic yoga moves. You will establish a new connection with your body, mind and soul. through this amazing practice.

EB FITNESS CLUB

Group Fitness



1111 W. 10th Street
Cleveland, Oh 44113
Phone: 216-458-1000

Website: www.ebfitnessclub.com

EB Fitness Club is Cleveland's new upscale fitness center located in the newly renovated East Bank Flats. In addition to having access to unique equipment, you will also have access to group fitness classes and all included within your membership!

Hours of Operation
Monday-Thursday 5am-10pm
Friday 5am-9pm
Saturday & Sunday 7am-5pm

April Group Exercise Schedule

Day	Time	Format	Instructor	Location
	6:15-7:00 am	Cycle & Sculpt	Kara	Studio 2
	11:30-12:00 pm	CoreBlast	Christina	Studio 1
	12:00-12:45 pm	Total Body Strength	KJ	Studio 1
Mon	6:00-6:45 pm	H.I.I.T.	Ashley	Studio 1
	6:45-7:30 pm	Cycle	Cody	Studio 2
	APRIL 10 ONLY 7:00-7:30 pm	TRX Basics	Key	Studio 3
	7:30-8:30 pm	Hot Yoga	Melissa	Studio 3
Tues	6:15-7:00 am	Boot Camp	Ashley/Emily	Studio 2
	11:30-12:15 pm	H.I.I.T. & Core	Debbie	Studio 1
	12:15-1:00 pm	Cycle & Sculpt	Laura	Studio 2
	5:30-6:15 pm	Barre	Jessica P.	Studio 3
	APRIL 18 ONLY 6:00-7:00 pm	POUND	Melissa A.	Studio 1
	7:00-8:00 pm	CycleCore Total Body Strength	Jessica P. KJ	Studio 2 Studio 1
Wed	6:15-7:00 am	CycleCore	Emily	Studio 2
	11:30-12:30 am	Strength & Sculpt	Debbie	Studio 1
	12:00-12:45 pm	Vinyasa	Christina	Studio 3
	6:00-6:45 pm	Bootcamp	KJ	Studio 1
	7:00-8:00 pm	Hot Slow Flow	Christina	Studio 3
Thur	6:15-7:00 am	Bootcamp	Emily	Studio 1
	11:30-12:15 pm	H.I.I.T. & Core	Debbie	Studio 1
	12:00-12:30 pm	Cycle Express	Anna	Studio 2
	APRIL 27 ONLY 6:00-12:30 pm	TRX Basics	Key	Studio 3
	6:30-7:15 pm	H.I.I.T.	Ashley	Studio 1
Fri	6:15-7:00 am	Hot Yoga	Christina	Studio 3
	7:00-7:30 am	Cycle Express	Melissa	Studio 2
	11:30-12:00 pm	CoreBlast	Christina	Studio 1
	12:00-12:30 pm	Cardio Kickboxing	Christina	Studio 1
Sat	0:00-11:00	Weekend Warrior \$5 Pay Class	KJ	Studio 1
	1:00-12:00	Weekend Warrior \$5 Pay Class	KJ	Studio 1
Sun	9:00-10:00 am	Cycle	Kara	Studio 2
	10:00-10:30 am	CoreBlast	Kara	Studio 1

* Weekend Warrior attendees will receive \$10 TownHall Gift Card