

## TOTAL BODY CONDITIONING

**Barre**– Barre 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.

**Strength Fusion**- The original barbell class, will sculpt, tone and strengthen your entire body, fast! Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean muscle mass.

**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!

**CoreBlast**– Get the ultimate core workout in just 30 minutes! This class is scientifically designed to hit all core muscles; abs, pelvis, low back, and glutes while incorporating free weights, bands, and medicine balls.

**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 impact strength drills to recover. H.I.I.T. can help improve endurance and improve athletic performance.

**KickBoxing**- The first half of class will be an informational tutorial of basic combinations utilizing punches, kicks, knees, and elbows. The second half hour will be an intense kickboxing workout resulting in a great full body, core blasting workout.

**WERQ®** - Join our Party! Werq is fun dance fitness class choreographed to the latest hits; pop, rock, and hip hop music. This energetic class will help add variety into your exercise regimen and burn a ton of calories while having FUN

## CYCLE CONDITIONING

**Cycle Express** - Burn a ton of calories in just 30-45 minutes! Revive your energy with intense intervals, resistance drills, and peak heart rate zone training.

**CycleCore** - Combining a 30 minute calorie torching cycle class and 15 minute of core exercises to help strengthen and tone your mid section.

**Cycle&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.

## MIND-BODY CONDITIONING

**Breathless Yoga**– is a unique style that is part yin, part vinyasa, and all soul. We flow to the beat of the music and build up to a fiery intensity that leaves you breathless. This a powerful flow class that also focuses on cardio strength and endurance that is filled with explosive power and deep restoration.

**AirYoga Flow** - One level above AirYoga Basics. AirYoga flow is a faster paced version of AirYoga by flowing various poses together to enhance fitness, form, and alignment.

**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.

**Pilates MAT** – Perform precise movements to target the deepest core muscles to help stabilize resulting in stronger core and better alignment.

**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](http://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 including BODYPUMP™, AirYoga, Athletic Bootcamps, Hot Yoga, Spinning, and Zumba®, all included within your membership!

#### Hours of Operation

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

## February 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 3
	12:00-1:00pm	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
	7:30-8:30 pm	Hot Yoga	Melissa	Studio 3
Tues	11:30-12:15 pm	H.I.I.T. & Core	Debbie	Studio 1
	12:00-12:45 pm	Breathless Yoga	Diana	Studio 3
	12:15-1:00 pm	Cycle & Sculpt	Laura	Studio 2
	5:30-6:15 pm	Barre	Jessica P.	Studio 3
	6:15-7:15 pm	Breathless Yoga	Diana	Studio 3
	6:15-7:15 pm	CycleCore	Jessica P.	Studio 2
Wed	7:00-8:00 pm	Total Body Strength	KJ	Studio 1
	6:15-7:00 am	CycleCore	Emily	Studio 2
	12:00-12:45 pm	Vinyasa	Christina	Studio 3
	12:15-1:00 pm	Strength & Sculpt	Debbie	Studio 1
	6:00-7:00 pm	Bootcamp	KJ	Studio 1
Thur	7:00-8:00 pm	Hot Slow Flow	Christina	Studio 3
	6:15-7:00 am	Bootcamp	Emily	Studio 1
	12:00-12:45 pm	H.I.I.T. & Core	Debbie	Studio 1
	12:00-12:30 pm	Cycle Express	Anna	Studio 2
	6:00-7:00 pm	Breathless Yoga	Diana	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
	7:15-7:45 am	Cycle Express	Melissa	Studio 2
	11:30-12:00 pm	CoreBlast	Christina	Studio 1
Sat	10:00-11:00 am	Weekend Warrior \$\$ Pay Class \$\$	KJ	Studio 1
	11:00-12:00 pm	Weekend Warrior \$\$ Pay Class \$\$	KJ	Studio 1
Sun	9:00-10:00 am	Cycle	Kara	Studio 2
	10:00-10:30 am	CoreBlast	Kara	Studio 1

All paid classes will receive a \$10 giftcard to TownHall