











Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:45am-12pm Butts-Diane		11:45am-12pm Butts w/ Diane			8:30-9:30am Power Step w/Michele
12pm-12:15pm Gutts-Diane		12pm-12:15pm Gutts w/ Elaine	12:15-1:00 pm EP Running Club- Meet in Lobby	12pm-12:15pm Hard Core w/Diane	
12:15pm-1pm Cardio Ball Sculpt w/Shelly	12:15pm-1pm Sports Conditioning w/ Diane	12:15pm-1pm KickBox (1 st , 3 rd wk) w/Elaine and Step Interval (2 nd 4 th wk) w/Shelly	12:15pm-1pm  w/Elaine	12:15pm-1pm CardioSculpt w/ Shelly	
12:15pm-1pm  w/Diane	1 pm-1:45pm  w/ Shelly	12:15pm-1pm  w/Diane	1 p.m.-1:45 p.m. Power Yoga w/ Paula	12:15pm-1:15pm  w/ Diane	
	5:15- 6:00 pm  w/ Elaine	5:15-6:00 pm Power Pump w/Jill	5:15-5:45 Cardio Express w/ Shelly 5:45-6:30 Pilates w/ Shelly		
5:15-6:00pm  w/Diane	6:00-6:45pm  w/Shelly	6:00-6:45 pm  w/ Jill			
					

- Please Call Shelly at (410) 771.6962 for current fitness center information.
- Classes and Instructors are subject to change at any time.
- Classes **must** have at least 2 participants.
- **SPINNING** classes –all participants must be EP Choice or Spinning members, and must call to reserve a spot. 410.771.6962. Class limited to 14 participants!

[CHECK OUT WEBSITE FOR UPDATES: WWW.EPFITNESSCENTER.COM](http://WWW.EPFITNESSCENTER.COM)

Class Descriptions

Step Interval: A motivating, upbeat, high-intensity class of fun, challenging moves utilizing the step, combined with some weight training intervals!

Sports Conditioning: A more intense & disciplined workout for intermediate to advanced exercisers. Incorporates speed & agility drills, body weight training, strength training, and more importantly lots of fun! Class will be held outside if weather permits!

Power Pump: A total body conditioning class that uses dumbbells, resistance bands, body bars, balls, & steps to strengthen, tone, and define your muscles.

Power Step: This class is aerobic-based & jam-packed with cardio! Step & Hi/Lo floor aerobics included plus muscular strength training with a variety of equipment.

Pilates: Core conditioning class designed to lengthen & strengthen the abdominals, lower back, hips & thighs. Pilates also incorporates balance, coordination, flexibility as well as strength.

Multi-level class. Bring a yoga mat.

Get on the Ball: A core strengthening & toning workout using the Stability Ball for balance, support & uniquely challenging core exercises and muscular strength.

Cardio Sculpt: Get the best of both worlds - Cardio & strength training for a challenging full body workout to maximize calorie burn. Note: Cardio Ball Sculpt same format but strength training on stability ball.

Butts: A 15-minute class that targets the lower body.

Gutts: A 15-minute class that targets the abdominals.

Hard Core: Similar to Gutts, with a more intense focus on the core muscles. Ball work & Pilates-style movements included.

Yoga: This class is designed to improve your overall health, performance, and mental acuity. Based on the ancient fitness science of hatha yoga, it blends balance, strength, flexibility & power in a fitness format. Suitable for all levels of fitness. Bring a yoga mat to class.

SPINNING: Cycle to music for an awesome cardio workout! Includes hills, sprints and jumps plus great toning for lower body muscle groups. Held in Cycle Studio for **EP Choice Members & EP Spin Members**. Please call to reserve a spot.

Bootcamp: This class works the entire body. Involves calisthenics including jumping jacks, push-ups, crunches, etc. and is designed to improve cardio, muscular strength, endurance & flexibility while you blast calories.

Cardio Express: An “express” 30 minute aerobic class incorporating hi/low impact movements with added “cardio intervals” to challenge the cardiovascular system.

TabataBox: High intensity interval training for muscular endurance & great cardio. Perform eight cycles of kickboxing/strength/cardio exercises for 20 seconds & rest for 10 seconds. Burns fat and builds lean muscle!

Kickbox: Punching and kicking combination moves for a serious cardio workout. Heavy bags will be used, boxing gloves provided

Zumba: Unique dance moves and combinations to high energy Latin and international music. Easy to follow dance steps of fast & slow rhythms to sculpt & tone the entire body. Motivating & exciting!

Running Club: Meets in EP Fitness Center lobby. Includes warm-up, dynamic stretching, several running course options (individually or with group) & final stretch.