

## GENERAL INFORMATION

This schedule will be updated every four to six weeks. Copies will be available throughout the Club, and the schedule is posted outside the studios and in the locker rooms. On occasion, substitutions may be necessary. All instructors are subject to change. For the most up-to-date schedule, visit [eastbankclub.com](http://eastbankclub.com).

More than 170 exercise classes are offered each week, for those at all fitness levels. To achieve the benefits of cross training, we encourage your participation in a variety of classes, exercising at a comfortable, yet challenging level. Some classes may include advanced or unique movements and are not recommended for those new to exercise or with musculoskeletal problems.

Warm-up and cool-down periods are important in achieving the full benefit of your workout. Therefore, we recommend you participate in the entire class. Weights and other equipment may be used only in classes that specify their use.

If you need to modify your workout, please move to the rear of the class to avoid distracting and possibly injuring other participants.

Studios feature shock-absorbing floors, which guard against stress on the joints. Music volume levels, as well as class structure, are set in accordance with industry standards. Classes are monitored regularly to ensure safe, effective and enjoyable workouts.

Mats are available for yoga classes, though you may bring your own.

With the exception of the Cycling Studio, you are welcome to exercise in any of the studios when classes are not scheduled.

Children 13 to 15 may participate in classes after completing the teen certification program.

## MONDAY

6:00 - 6:45	Indoor Cycling	Cycling Studio	Kevin H.
6:00 - 6:45	Step Interval	Studio 2	Mary B.
6:00 - 7:00	Pilates Mat Workout	Studio 4	Cynthia F.
7:00 - 7:30	BOSU®	Studio 1	Cynthia F.
7:00 - 7:45	Indoor Cycling	Cycling Studio	Mary B.
7:00 - 8:00	Body Strength	Studio 2	Kevin H.
7:00 - 8:15	Vinyasa Flow	Studio 4	Trudi G.
9:00 - 10:00	Latin Dance	Studio 1	Ami I.
9:00 - 10:00	Prenatal Strength/Ball	Studio 2	Adina R.
9:00 - 10:00	Vinyasa Flow	Studio 4	Betsy S.
10:00 - 11:00	NIA	Studio 2	Lynett P.
10:00 - 11:00	Body Strength	Studio 1	Nancy F.
10:00 - 11:00	Beginning Pilates	Studio 4	Adina R.
10:00 - 11:00	Water Workout	4th Level Pool	Trudi G.
11:00 - 12:00	Yoga Beginnings	Studio 4	Adina R.
11:15 - 12:00	Stretch	Studio 2	Trudi G.
11:15 - 12:00	Indoor Cycling	Cycling Studio	Jen M.
12:15 - 1:15	Super Circuit	Studio 1	Kimmy C.
12:30 - 1:15	Water Strength	4th Level Pool	Steffani F.
1:00 - 2:30	Vinyasa Flow	Studio 4	Suzanne S.
5:00 - 6:00	Step Challenge	Studio 1	Nancy B.
5:00 - 6:30	Forrest Yoga	Studio 4	Gwen M.
5:15 - 6:15	Indoor Cycling	Cycling Studio	Jen M.
5:30 - 6:30	Body Strength	Studio 2	Heather J.
5:30 - 6:30	Zumba	Studio 3	Rebecca L.
6:00 - 7:00	Cardio Kickboxing	Studio 1	Josh R.
6:30 - 7:30	Body Pump®	Studio 2	Jennifer S.
6:30 - 7:30	Hip Hop	Studio 3	Labake O.
6:30 - 7:30	Indoor Cycling	Cycling Studio	Lissa D.
6:30 - 7:45	Vinyasa Flow	Studio 4	Betsy S.
7:00 - 8:00	Pilates Mat Workout	Studio 1	Cynthia F.
7:30 - 8:45	Yoga Beginnings	Studio 3	Katy S.

## TUESDAY

6:00 - 7:00	Body Pump®	Studio 2	Kella D.
6:00 - 6:45	Indoor Cycling	Cycling Studio	LaDonna W.
7:00 - 7:30	Abs & Stretch	Studio 2	Heather J.
7:00 - 7:45	Indoor Cycling	Cycling Studio	Brad J.
7:00 - 8:15	Iyengar Yoga	Studio 4	Brooks H.
8:00 - 9:00	Power Low Impact	Studio 1	LaDonna W.
9:00 - 9:50	Zumba	Studio 1	Alberto A.
9:00 - 10:30	Yoga Basics	Studio 4	Trudi G.
10:00 - 11:00	Water Workout	4th Level Pool	LaDonna W.
10:00 - 11:15	Body Strength	Studio 1	Suzanne S.
11:00 - 12:30	Ashtanga Yoga	Studio 4	Amy Beth T.
11:15 - 12:00	Stretch	Studio 1	Suzanne S.
12:15 - 1:00	Indoor Cycling	Cycling Studio	Emmy B.
12:15 - 1:15	Basic Training	Studio 1	Nancy B.
12:30 - 2:00	Forrest Yoga	Studio 4	Talya R.
4:30 - 5:30	Floor and Core	Studio 1	Cynthia F.
5:00 - 6:00	Body Pump	Studio 2	Sue W.
5:15 - 6:00	Indoor Cycling	Cycling Studio	Jennifer S.
5:30 - 6:15	Stretch	Studio 4	Trudi G.
5:30 - 6:30	Basic Training	Studio 1	Kimmy C.
5:30 - 6:30	Cardio Dance	Studio 3	Deborah C.
6:00 - 6:30	Core on the Ball	Studio 2	Sue W.
6:15 - 7:00	Water Workout	4th Level Pool	Trudi G.
6:30 - 7:15	Indoor Cycling	Cycling Studio	Drew P.
6:30 - 7:30	Body Strength	Studio 1	Heather F.
6:30 - 7:30	Vinyasa Flow	Studio 4	Magdalena M.
6:45 - 7:45	Tae Kwon Do	Studio 2	Daniel L.
7:30 - 8:30	Yoga Basics	Studio 4	Melanie B.

## WEDNESDAY

6:00 - 6:45	Indoor Cycling	Cycling Studio	Kathy N.
6:00 - 6:45	Basic Training	Studio 2	Joel B.
6:00 - 7:00	Water Workout	4th Level Pool	Laura P.
7:00 - 7:45	Indoor Cycling	Cycling Studio	Lissa D.
7:00 - 8:00	Body Strength	Studio 1	Heather J.
7:00 - 8:00	Power Low Impact	Studio 2	Cynthia J.
7:00 - 8:15	Vinyasa Flow	Studio 4	Melanie B.
8:00 - 9:00	Intermediate Pilates	Studio 2	Cynthia J.
9:00 - 10:00	Vinyasa Flow	Studio 4	Betsy S.
9:00 - 10:00	Step Interval	Studio 1	Nancy B.
9:00 - 10:00	Core Fusion	Studio 2	Adina R.
10:00 - 11:00	Beginning Pilates	Studio 2	Adina R.
10:00 - 11:00	Water Workout	4th Level Pool	Trudi G.
10:00 - 11:15	NIA	Studio 4	Myrna W.
11:15 - 12:00	Stretch	Studio 2	Nancy B.
11:15 - 12:00	Indoor Cycling	Cycling Studio	Jen M.
11:45 - 1:15	Vinyasa Flow	Studio 4	Diane Z.
12:15 - 1:15	Intermediate Pilates	Studio 1	Tabitha F.
12:15 - 1:15	Body Pump	Studio 2	Sarah R.
5:15 - 6:00	Zumba	Studio 1	Rebecca L.
5:15 - 6:00	Indoor Cycling	Cycling Studio	Pati H.
5:30 - 6:30	Body Pump®	Studio 2	Jennifer S.
5:30 - 6:30	Pilates Mat Workout	Studio 3	Annette G.
5:30 - 6:30	Yoga Basics	Studio 4	Amy Beth T.
6:00 - 7:15	Body Strength	Studio 1	Laura M.
6:30 - 7:15	Indoor Cycling	Cycling Studio	Jennifer S.
6:30 - 7:45	Ashtanga Yoga	Studio 4	Amy Beth T.
7:00 - 8:00	Peak Performance	Studio 2	Joel B./Todd B.
7:30 - 8:45	Ballet	Studio 3	Joffrey Ballet

## THURSDAY

6:00 - 6:45	Indoor Cycling	Cycling Studio	Mary B.
6:00 - 7:00	Step Interval	Studio 1	LaDonna W.
7:00 - 7:45	Core Fusion	Studio 1	Cynthia F.
7:00 - 7:45	Indoor Cycling	Cycling Studio	Brad J.
7:00 - 8:00	Pilates Mat Workout	Studio 2	Mary B.
7:00 - 8:15	Int. Iyengar Yoga	Studio 4	Brooks H.
8:00 - 9:00	Power Splash	4th Level Pool	CK P.
9:00 - 10:00	Body Strength	Studio 1	Maria A.
9:00 - 10:00	NIA	Studio 3	Jamie K.
9:00 - 10:00	Vinyasa Flow	Studio 4	Betsy S.
10:00 - 11:00	Zumba	Studio 1	Alberto A.
10:00 - 11:00	Yoga Basics	Studio 4	Betsy S.
10:00 - 11:00	Water Workout	4th Level Pool	Steve W.
11:00 - 12:30	Ashtanga Yoga	Studio 4	Maureen B.
11:15 - 12:00	Stretch	Studio 2	Steve W.
12:15 - 1:00	Indoor Cycling	Cycling Studio	Jen M.
12:15 - 1:15	Basic Training	Studio 1	Kimmy C.
12:30 - 2:00	Forrest Yoga	Studio 4	Gwen M.
5:00 - 6:00	Cardio Kickboxing	Studio 1	Heather F.
5:00 - 6:00	Body Pump	Studio 2	Jennifer S.
5:30 - 6:15	Indoor Cycling	Cycling Studio	Laura M.
5:30 - 6:30	Latin Dance	Studio 3	Ami I.
5:30 - 6:45	Vinyasa Flow	Studio 4	Suzanne S.
6:00 - 7:00	BOSU® Cardio Interval	Studio 1	Jill P.
6:45 - 7:45	Tae Kwon Do	Studio 4	Daniel L.

## FRIDAY

6:00 - 6:45	Pilates Mat Workout	Studio 3	Cynthia F.
6:00 - 6:45	Indoor Cycling	Cycling Studio	Jaime T.
6:00 - 7:00	Cardio Box Interval	Studio 2	Joel B.
6:00 - 7:00	Yoga Basics	Studio 4	Melanie B.
7:00 - 7:45	Indoor Cycling	Cycling Studio	Laura M.
7:00 - 8:00	Pilates Mat Workout	Studio 1	Cynthia J.
7:00 - 8:00	Body Pump®	Studio 2	Kella D.
7:00 - 8:00	Tai Chi	Studio 4	Stirling L.
8:00 - 9:00	Power Low Impact	Studio 1	Cynthia J.
9:00 - 10:30	Vinyasa Flow	Studio 4	Vincent H.
9:15 - 9:45	PACE	Studio 2	Ty C.
9:30 - 10:30	Step Interval	Studio 1	Adina R.
10:00 - 10:45	Indoor Cycling	Cycling Studio	LaDonna W.
10:00 - 11:00	Body Strength	Studio 2	Judy R.
10:00 - 11:00	Water Workout	4th Level Pool	Ty C.
10:30 - 11:30	Latin Dance	Studio 1	Ami I.
11:00 - 12:45	Yoga Basics	Studio 4	Per E.
11:15 - 12:15	Stretch	Studio 2	Judy R.
12:15 - 1:00	Indoor Cycling	Cycling Studio	Emmy B.
12:15 - 1:15	BOSU®	Studio 1	Suzanne S.
4:00 - 5:15	Vinyasa Flow	Studio 4	Betsy S.
5:15 - 6:15	Peak Performance	Studio 1	Joel B./Todd B.
5:30 - 6:15	Indoor Cycling	Cycling Studio	Carensa M.
5:30 - 7:00	Ashtanga Yoga Level 2	Studio 4	Maureen B.

## SATURDAY

7:30 - 8:15	Indoor Cycling	Cycling Studio	Mary B.
7:30 - 9:00	Vinyasa Flow	Studio 4	Nathan P/Trudi G.
8:30 - 9:15	Indoor Cycling	Cycling Studio	Lissa D.
8:30 - 9:30	Step Challenge	Studio 1	Mary B.
9:00 - 10:00	Body Pump®	Studio 2	Maria A.
9:00 - 10:00	Power Low Impact	Studio 3	LaDonna W.
9:00 - 10:00	Tae Kwon Do	Studio 4	Sterling G.
9:30 - 10:15	Indoor Cycling	Cycling Studio	Brad J.
9:30 - 10:45	Body Strength	Studio 1	Lissa D.
10:00 - 10:45	Core on the Ball	Studio 2	LaDonna W.
10:00 - 11:00	Water Workout	4th Level Pool	Trudi G.
10:00 - 11:00	Hip Hop	Studio 3	Labake O.
10:00 - 11:30	Forrest Yoga	Studio 4	Steven E.
10:45 - 11:45	Core Training	Studio 1	Heather F.
11:00 - 11:45	Indoor Cycling	Cycling Studio	LaDonna W.
11:00 - 12:00	Intermediate Pilates	Studio 2	Annette G.
11:00 - 12:00	Cardio Jam	Studio 3	Sue W.
11:30 - 12:45	Prenatal Yoga	Studio 4	Trudi G.
11:45 - 12:45	BOSU®	Studio 1	Joel B.
12:15 - 1:00	Beginning Pilates	Studio 2	Annette G.
1:00 - 2:30	Ballet	Studio 1	Joffrey Ballet
1:00 - 2:30	Ashtanga Yoga	Studio 4	Maureen B.

## SUNDAY

8:00 - 9:15	Kripalu Yoga	Studio 4	Per E.
8:30 - 9:30	Power Low Impact	Studio 1	Cynthia J.
8:30 - 9:30	Body Pump	Studio 2	Amanda G.
8:30 - 9:45	Indoor Cycling	Cycling Studio	Lissa D.
9:15 - 10:30	Yoga Basics	Studio 4	Per E.
9:30 - 10:30	Body Strength	Studio 1	Laura M.
9:30 - 10:30	Stretch	Studio 2	Cynthia J.
10:00 - 11:00	Water Workout	4th Level Pool	Ty C./TBD
10:00 - 11:00	Indoor Cycling	Cycling Studio	Pati H.
10:30 - 11:30	Cardio Kickboxing	Studio 1	Josh R.
10:30 - 11:30	Pilates Mat Workout	Studio 2	Cynthia J.
10:30 - 11:30	Tai Chi	Studio 4	Stirling L.
11:30 - 12:30	Body Pump®	Studio 2	Jimmy H.
11:30 - 12:30	Abs & Strength	Studio 1	Nico A.
12:30 - 1:30	Basic Training	Studio 1	Nico A.
12:30 - 2:00	Hip Hop	Studio 3	Labake O.
12:30 - 2:00	Ashtanga Yoga	Studio 4	Amy Beth T.
2:00 - 2:45	Meditation	Studio 4	Amy Beth T.
4:00 - 5:30	Ashtanga Yoga	Studio 4	John B./Cara J.