



# EDWARDSBURG FITNESS CO.

## Winter 2023 Group Fitness Schedule

Starting September 18<sup>th</sup>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
YINYASAS 7:30AM – 60MIN JODY					
CARDIO KICKBOXING 8:45AM – 45 MIN JILL	BARRE 8:45AM – 45 MIN JILL	EFC POWER 8:45AM – 45 MIN JILL	EFC HIIT 8:45AM – 60 MIN KYLE	SUSPENSION TRAINING 8:45AM – 45 MIN SUSAN	EMPOWERING YOGA (SLOW FLOW) 8:45AM – 60 MIN SANDRA
AWAKENING YOGA (HATHA) 10:00AM – 60 MIN SANDRA	AWAKENING YOGA (HATHA) 10:00AM – 60 MIN ALI		CHAIR YOGA 10:30AM – 45 MIN SANDRA	PRANAYAMA FLOW 10:00AM – 60 MIN MISTY	EFC HIIT 10:00AM – 60 MIN KYLE
CHAIR YOGA 11:15 AM – 45 MIN SANDRA	SENIOR VARSITY SWEAT 11:15 AM – 45 MIN ANN	SENIOR VARSITY SWEAT 11:15 AM – 45 MIN ANN		SENIOR VARSITY SWEAT 11:15 AM – 45 MIN ANN	YOUTH KEMPO- KARATE 10:00AM – 60 MIN WILL
					YOUTH YOGA 11:00AM – 30 MIN MISTY
					YOUTH BEG/INT HIP HOP 11:30AM – 60 MIN MISTY
			CORE YOGA 1:15PM – 60 MIN ALLISON		TEEN ADVANCED HIP HOP 12:30PM – 60 MIN MISTY
	ROOT YOGA 5:00PM – 60 MIN MISTY				
GENTLE YOGA 6:45PM – 60 MIN ALI	KEMPOJUTSU (TEEN/ADULT) 6:15PM – 75 MIN WILLIE		ROOT YOGA 6:45PM – 60 MIN MISTY		

Our basic classes are FREE to try your first time!

- Drop-In Fee is \$15 a class
- Ask about our 10 class package

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**Unlimited Group Fitness Class Package: \$45/month  
w/EFC membership**

**\*Ask about our Senior (65+) discount**

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**Barre:** A barre workout uses low impact exercises that blend cardio, strength, flexibility, and core training together. A combination of body weight, light hand weights, resistance bands, and balls are used with high repetitions to create a challenging workout that will exhaust each muscle group -don't be surprised if you find your muscles shaking at the end of each series. There's a reason why many barre inspired attire includes "embrace the shake"! With a focus on small range movements and isometric holds, you will build endurance, improve posture, alignment, and flexibility & mobility. Beginner to advanced fitness levels will all find a place in this class!

**EFC HIIT:** This is a high intensity interval training class will push your heart through 3 levels of performance. During this full body workout, you will be able to burn between 500-1000+ calories and ignite a caloric after-burn effect that will last hours beyond any other workout.

**EFC Power:** will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates, and body weight, EFC Power combines squats, lunges, presses, and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat, and push you to a personal best!

**Cardio Kickboxing:** A total body, high energy workout that challenges cardio and strength endurance, as well as speed and agility. Variations of punches, kicks, concentrated core work, and options for high impact cardio will keep your heart pumping from beginning to end! Burn fat, build lean muscle, and leave class feeling that endorphin rush that helps your mood, stress response, memory and more! All fitness levels welcome as everything can be modified or progressed to meet you where you are!

**Suspension Training:** Finish your week off right with this mix of Foam Rolling to get those sore muscles loosened up and work concentrated, controlled movements on the Straps. After a long week of work this is a great class to help hit the reset button and get you feeling good going into the weekend!

**Awakening Yoga (Hatha):** Is a type of yoga that emphasizes holding poses. It is made up of three main practices: body postures, breathing techniques, and meditation.

**Chair Yoga:** Is an adapted yoga practice that allows you to stay seated while practicing yoga focused poses. Chair yoga is great for anyone who needs more support, is managing an injury, or wants a more therapeutic approach to the practice.

**Core Yoga:** Strengthens and empowers the body, mind, and spirit. The practice of core power yoga aims to teach students to communicate with their bodies and access their core so they can achieve inner power. This class is for all levels.

**Empowering Yoga (Slow Flow):** Slow Flow Yoga is a low-impact workout, which can help you to get in shape gradually. One of the greatest characteristic features of this yoga is that it is suitable for all age groups.

**Gentle Yoga:** This class is a Hatha + Vinyasa style class. Poses are practiced in a gentle manner. Gentle yoga will help those suffering from arthritis, MS, body aches, and injuries.

**Yinyasas:** This class is a combination of Yin + Vinyasa. This class will leave you feeling energized and ready for the day. We will wake up our bodies with sun salutations, flow through various asanas to find our edge, gain balance, and use relaxation poses to focus our minds for the day.

**Root Yoga:** This is a class designed to help you explore the real you. We will get rooted through our movement, connect with our breath to bring us back to ourselves and find our true meaning of our path. Misty will guide you through simple flows and grounding asanas. This class is great for those who suffer from anxiety, insomnia, body aches and so much more!

**Pranayama Flow:** This Yoga Series will drive deeper into the art of breath. With a combination of Pranayama and Vinyasa, you will understand the benefits and how energy flows in different directions through the body. Your breath is a tool you can't live without.

**Senior Varsity Sweat:** Our Senior fitness class is a low-impact, cardio-interval class with moderations. Work through toning the entire body to upbeat, pop music in a 45-minute class with a meditative cool down.

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## Premium Group Fitness Packages: \$60/month

*\*Ask about our Senior (65+) discount*

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**Youth Beg/Int Hip Hop:** This class is designed for ages 5-12. We combine beginning hip-hop, and intermediate hip-hop together to allow growth throughout class. Children learn at different levels. Having a mixed class, benefits to both levels. All students have the opportunity to compete in competition or just perform in our family.

**Advanced (Teen) Hip Hop:** This class is designed for ages 13 and up. Students will learn techniques from various styles of dance. It's important to be well-rounded when dancing to hip-hop. All students will have the opportunity to compete or just perform in our family program.

**Youth Yoga:** This 30 minute youth yoga class was designed to teach how to breathe and move in and out of asanas without hurting their body. Youth yoga focuses on balance and stability poses such as; headstands, handstands, backbends, the ability to do walkovers, holding and various poses for a long period of time. This class will help those in dance, gymnastics, cheerleading, sports and so much more!

*Ages 3 and up.*

**Kempojutsu:** This Martial Arts is a non-sport, hard fist, combat art that was found by Rod Sachronoski as a method to open the door to an opponent's attack, thus enabling the Kempojutsu practitioner to enter and control the attacker. The nice thing about Kempojutsu is that it can be utilized by all martial artist regardless of the art they represent. Master Shihan Willie and Misty have been studying under Rod Sachronoski for many years and have earned the rank of 6 Dan. Their style of teaching is easy to follow and understand. This is great for all those looking to protect themselves.

*This is for ages 16 and up. NOT JIU JITSU*

**Youth Kemop-Karate:** This Martial Art is a non-sport entry into our program. Students will learn simple Kata, hard fist self defense, focus, awareness, breathing techniques, flexibility, coordination, and confidence. This class will reinforce positive attitudes, respect, integrity and perseverance.

*This is for ages 7 - 15. NOT JIU JITSU*

