

# ESFC CLASS DESCRIPTIONS

## AEROBIC CLASSES

**TOTAL FITNESS** - A beginner to intermediate class for the average exerciser wanting to increase coordination, build muscle tone and burn calories.

**ZUMBA** - Get ready for fun with our Latin dance aerobic workout! You don't have to be Fred or Ginger to jump in and Zumba!

**ZUMBA BASIC** - Learn the moves at a slower pace but just as much fun!

**ZUMBA TONING** - The same high energy workout with weights!

**ZUMBA GOLD** - A slower, toned down version of Zumba for seniors, pregnant women and beginners.

**STRONG BY ZUMBA** - Zumba with a H.I.I.T. workout to increase your stamina!

**BOOST** - Boot camp-style class for beginner to intermediate exercisers. Designed to "boost" your metabolism into high gear!

## EXERCISE CLASSES

**TOTAL BODY** - Put it all together with this one hour total body toning and sculpting class using balls, weights, bands and TRX!

**BUFF BODY** - Weight training to the N-th degree to give you the lean muscular look you've always wanted. For all levels of fitness.

**TRX & ABS** - Suspension training for the ultimate bodyweight/core work!

## SPECIALTY CLASSES

**FLEXIBILITY** - Rhythmic limbering and stretching to increase your range of motion and help prevent injuries.

**OSTEO WORKOUT** - A seated workout for those who have trouble getting on the floor. Uses a ball, bands and rings to strengthen muscles and improve bone density.

**POWER YOGA** - Intense yoga moves at a faster pace to stretch, strengthen and challenge you. Tuesday evening classes begins with breathing technique training for beginners.

**HATHA YOGA** - Classic Hatha yoga and Ashtanga poses based on breath, movement and awareness, with focus on proper alignment and form. Great for beginners!

**BALLET BARRE** - Basic ballet moves to loosening you up and tone the muscles!

**TAI CHI** - Slow, fluid movements that teach strength and balance.

**GOOD MORNING STRETCH** - Uses basic yoga stretches to wake you up and get you on your way!

**PILATES** - A total body workout that creates long, lean and flexible muscles and a well developed core.

**CORPS DE FORCE** - A combination of kickboxing and mixed martial arts. A high energy workout for everyone!



**E-TOWN SWIM  
FITNESS • CENTER**

## Group Fitness Class Schedule and Class Descriptions

— Updated May 27, 2019 —

**ETOWN SWIM & FITNESS CENTER**

[www.ETownSwim.com](http://www.ETownSwim.com)

**3026 Ring Road—Elizabethtown, Ky 42701**

**270-765-7946**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30-6:30 AM ZUMBA		5:30-6:30 AM ZUMBA		7:00-8:00 AM STRONG BY ZUMBA	
8:00-9:00 AM ZUMBA	8:00-9:00 AM TRX & ABS	8:00-9:00 AM BOOST!	8:00-9:00 AM TRX & ABS	8:00-9:00 AM ZUMBA TONING	8:00-9:00 AM ZUMBA TONING	
8:00-9:00 AM HATHA YOGA	8:00-9:00 AM GOOD MORNING STRETCH	8:00-9:00 AM HATHA YOGA	8:00-9:00 AM GOOD MORNING STRETCH	8:00-9:00 AM HATHA YOGA		
9:00-9:45 AM TAI CHI	9:00-10:00 AM HATHA YOGA	9:00-9:45 AM TAI CHI	9:00-10:00 AM HATHA YOGA	9:00-9:45 AM TAI CHI	9:00-10:00 AM HATHA YOGA	
9:00-10:00 AM TOTAL FITNESS	9:00-10:00 AM ZUMBA GOLD	9:00-10:00 AM TOTAL FITNESS	9:00-10:00 AM ZUMBA GOLD	9:00-10:00 AM TOTAL FITNESS	9:00-10:00 AM FLEXIBILITY	
10:00-11:00 AM BUFF BODY	10:00-11:00 AM ZUMBA	10:00-11:00 AM BUFF BODY	10:00-11:00 AM ZUMBA	10:00-11:00 AM BUFF BODY	10:00-11:00 AM BUFF BODY	
	10:00-11:00 AM PILATES	10:00-10:45 AM BALLET BARRE	10:00-11:00 AM PILATES	10:00-10:45 AM BALLET BARRE	10:00-11:00 AM CORPS DE FORCE	
11:00-11:45 AM OSTEO WORKOUT		11:00-11:45 AM OSTEO WORKOUT		11:00-11:45 AM OSTEO WORKOUT	11:00AM-12:00 PM ZUMBA	
4:00-5:00 PM BUFF BODY	4:00-5:00 PM CORPS DE FORCE	4:00-5:00 PM BUFF BODY	4:00-5:00 PM BOOST!			2:00-3:00 PM ZUMBA
4:00-5:00 PM HATHA YOGA	4:00-5:00 PM HATHA YOGA		4:00-5:00 PM HATHA FLOW			
5:00-6:00 PM STRONG BY ZUMBA	5:00-6:00 PM TOTAL BODY	5:00-6:00 PM STRONG BY ZUMBA	5:00-6:00 PM TOTAL BODY	5:00-6:00 PM ZUMBA		
5:00-5:45 PM YOGA FOR BEGINNERS	5:00-5:45 PM YOGA FOR BEGINNERS		5:00-5:45 PM YOGA FOR BEGINNERS			
6:00-7:00 PM POWER YOGA	6:00-7:00 PM HEATED POWER YOGA	6:00-7:00 PM HATHA YOGA	6:00-7:00 PM HEATED POWER YOGA			
6:00-7:00 PM ZUMBA TONING	6:00-7:00 PM ZUMBA	6:00-7:00 PM ZUMBA	6:00-7:00 PM ZUMBA			
	7:00-8:00 PM ZUMBA		7:00-8:00 PM ZUMBA TONING			

## 2019 Group Class Schedule - Effective May 27, 2019

