



E-TOWN SWIM
FITNESS • CENTER

ESFC CLASS DESCRIPTIONS

GOOD MORNING STRETCH – A total body workout to strengthen, condition and tone the body, as well as quieting the mind. A great way to start your day!

BALLET BARRE – Basic ballet moves to loosen and tone.

FLEXIBILITY – Rhythmic limbering and stretching to increase your range of motion and help prevent injuries. For all fitness levels.

TAI CHI – Slow, fluid movements that teach strength and balance have made this ancient form of exercise beneficial to all.

PILATES CLASSES

PILATES – A total body workout that creates long, lean and flexible muscles. Beginner class shows basic moves and works on form and breathing techniques.

YOGA CLASSES

HATHA YOGA – Classic Hatha yoga and Ashtanga poses based on breath, movement and awareness, with focus on proper alignment and form. Great for beginners or ongoing students of yoga.

HEATED YOGA – Your favorite yoga styles in a 90-100 degree room. Please bring water to class.

POWER YOGA – Classic Hatha yoga and Ashtanga poses based on breath, movement and awareness, with focus on proper alignment and form. Great for beginners or ongoing students of yoga.

YOGA FOR BEGINNERS – Bring balance back to your body by creating muscular awareness and strengthening through yoga postures.

	MON	TUES	WED	THUR	FRI	SAT
8AM	HATHA YOGA	GOOD MORNING STRETCH	HATHA YOGA	GOOD MORNING STRETCH	HATHA YOGA	
9AM	TAI CHI	HATHA YOGA	TAI CHI	HATHA YOGA	TAI CHI	FLEXIBILITY HATHA YOGA
10AM		PILATES	BALLET BARRE	PILATES	BALLET BARRE	
4PM	HATHA YOGA	HATHA YOGA		HATHA YOGA		
5PM	YOGA FOR BEGINNERS	YOGA FOR BEGINNERS		YOGA FOR BEGINNERS		
6PM	POWER YOGA	HEATED POWER YOGA	HATHA YOGA	HEATED POWER YOGA		

Extreme Cycling Class Schedule



	MON	TUES	WED	THUR	FRI	SAT
5AM	Early Morning Spin			Early Morning Spin	Early Morning Spin	
9AM	Spin Sanity	Spintastic	Spin Sanity	Spintastic	Spin Sanity	Spintastic
5:30PM	Just Spin (30 min class)		Spin Sanity			
6PM	Spintastic					

Yoga & Pilates Class Schedule and Extreme Cycling Schedule

— Updated May 27, 2019 —

Check Out Our New Cycling Room!



ETOWN SWIM & FITNESS CENTER

www.ETOWNswim.com

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