

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 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.

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

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.

BODY SHRED - Combo of strength, cardio, and core exercise, 30 seconds intervals. It's a total body workout!

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.

EXPRESS CLASSES: Corps De Force - 30-minute mixed martial arts-inspired workout!

Transform Live - 30-minute high-intensity step conditioning workout!

POUND! - Exercise to the rhythm of the music using drumsticks! A great workout for everyone!

PIYO - Combining Pilates and Yoga into one terrific workout! All levels welcome!

BELLY DANCING BODY FITNESS - A low impact yet high intensity workout focusing on the core and cardio using movements in a fun dance. This class is for all levels. Only offered on the 2nd and 4th Fridays of the month.



**E-TOWN SWIM
FITNESS • CENTER**

Group Fitness Class Schedule and Class Descriptions

— Updated January 1, 2020 —

ETOWN SWIM & FITNESS CENTER

www.etownswim.com

3026 Ring Road—Elizabethtown, Ky 42701

270-765-7946

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-6:00 AM MORNING BOOST!	5:30-6:30 AM ZUMBA	5:00-6:00 AM MORNING BOOST!	5:30-6:30 AM ZUMBA	5:00-6:00 AM MORNING BOOST!	7:30-8:00 AM ZUMBA - STRONG ³⁰	
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	8:00-9:00 AM PiYo	
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 BALLET BARRE	10:00-11:00 AM PILATES	10:00-11:00 AM BALLET BARRE	10:00-11:00 AM PILATES		10:00-11:00 AM EXPRESS CLASSES	
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	
12:00-1:00 PM YOGA FOR BEGINNERS		12:00-1:00 PM YOGA FOR BEGINNERS				
4:00-5:00 PM BUFF BODY	4:00-5:00 PM EXPRESS CLASSES	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 BALLET BARRE		4:00-5:00 PM HATHA YOGA			3:00-4:00 PM BOOST!
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	5:00-6:00 PM BODY SHRED	5:00-5:45 PM YOGA FOR BEGINNERS		<p style="text-align: center;">2019 Group Class Schedule - Effective January 1, 2020</p> 	
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 BELLY DANCING BODY FITNESS - 2ND & 4TH		
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 POUND!	7:00-8:00 PM ZUMBA	7:00-8:00 PM POUND!	7:00-8:00 PM ZUMBA TONING			
	7:00-8:00 PM PiYo (starts 9/10)		7:00-8:00 PM PiYo (starts 9/12)			