

TOTAL BODY CONDITIONING

Barre– Barre is a full body workout integrating the ballet barre with various strength exercises. The use of light weights, the ballet barre, and small controlled movements help sculpt and tone the body while creating long lean musculature.

BODYPUMP™- The original LES MILLS™ barbell class, will sculpt, tone and strengthen your entire body, fast! Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean muscle mass.

Bootcamp - Push yourself harder than you ever have! Bootcamp is uniquely designed to offer variety and to challenge you to a whole new level each class. Utilize battle ropes, plyometric boxes, free weights, kettle bells, and body bars in combination with athletic cardio drills to maximize your calorie burn. Camaraderie is encouraged!

CoreBlast– Get the ultimate core workout in just 30 minutes! This class is scientifically designed to hit all core muscles; abs, pelvis, low back, and glutes while incorporating free weights, bands, and medicine balls.

H.I.I.T.- Increase your ability to burn fat with H.I.I.T. (High Intensity Interval Training). H.I.I.T. is an interval based class alternating high intensity intervals with lower impact strength drills to recover. H.I.I.T. can help improve endurance and improve athletic performance.

KickBoxing- The first half of class will be an informational tutorial of basic combinations utilizing punches, kicks, knees, and elbows. The second half hour will be an intense kickboxing workout resulting in a great full body, core blasting workout.

WERQ® - Join our Party! Werq is fun dance fitness class choreographed to the latest hits; pop, rock, and hip hop music. This energetic class will help add variety into your exercise regimen and burn a ton of calories while having FUN

CYCLE CONDITIONING

Cycle Express - Burn a ton of calories in just 30-45 minutes! Revive your energy with intense intervals, resistance drills, and peak heart rate zone training.

CycleCore - Combining a 30 minute calorie torching cycle class and 15 minute of core exercises to help strengthen and tone your mid section.

Cycle&Sculpt- Take your cycle skills to the next level! Integrating cardio challenges, hills, and sprints with free weights to help tone arms, shoulders, chest, and back. This class will kick your cycle workout up a notch and maximize your caloric burn.

MIND-BODY CONDITIONING

AirYoga Basics– Take your yoga practice to the next level with AirYoga. Utilize the yoga hammock as a suspension device to enhance muscular resistance, spinal alignment, and deeper stretches.

AirYoga Flow - One level above AirYoga Basics. AirYoga flow is a faster paced version of AirYoga by flowing various poses together to enhance fitness, form, and alignment.

Hot Yoga– Build the heat with Hot Yoga! Focus on proper breathing, alignment and relaxation while moving in a heated room (90-105F). Develop strength, balance, and flexibility with each pose and increase your mind/body connection.

Pilates MAT - Perform precise movements to target the deepest core muscles to help stabilize resulting in stronger core and better alignment.

Power Yoga - Join this yoga class for a challenging workout both physically & mentally. Experience the cardiovascular, strength, and flexibility benefits of yoga. Options and variations will be taught.

Yoga Slow Flow - New to yoga? Designed to take you through a rejuvenating workout utilizing basic yoga moves. You will establish a new connection with your body, mind and soul. through this amazing practice.

EB FITNESS CLUB

Group Fitness



1111 W. 10th Street
Cleveland, Oh 44113
Phone: 216-458-1000

Website: www.ebfitnessclub.com

EB Fitness Club is Cleveland's new upscale fitness center located in the newly renovated East Bank Flats. In addition to having access to unique equipment, you will also have access to group fitness classes including BODYPUMP™, AirYoga, Athletic Bootcamps, Hot Yoga, Spinning, and Zumba®, all included within your membership!

Hours of Operation
Monday-Thursday 5am-10pm
Friday 5am-9pm
Saturday & Sunday 7am-5pm

February Group Exercise Schedule				
Day	Time	Format	Instructor	Location
Mon	6:15-7:00am	CycleCore	Emily	Studio 2
	11:30-12:00pm	BarreXpress	Heather	Studio 3
	12:00-12:20pm	MIX-It Monday (Functional Training)	Varies	Studio 1
	12:20-12:40pm	MIX-It Monday (Functional Training)	Varies	Studio 1
	12:40-1:00pm	MIX-It Monday (Functional Training)	Varies	Studio 1
	12:00-12:20pm	MIX-It Monday (Cardio)	Varies	Studio 2
	12:20-12:40pm	MIX-It Monday (Cardio)	Varies	Studio 2
	12:40-1:00pm	MIX-It Monday (Cardio)	Varies	Studio 2
	12:00-12:20pm	MIX-It Monday (Strength)	Varies	Studio 3
	12:20-12:40pm	MIX-It Monday (Strength)	Varies	Studio 3
	12:40-1:00pm	MIX-It Monday (Strength)	Varies	Studio 3
	6:00-6:20pm	MIX-It Monday (Functional Training)	Varies	Studio 1
	6:20-6:40pm	MIX-It Monday (Functional Training)	Varies	Studio 1
	6:40-7:00pm	MIX-It Monday (Functional Training)	Varies	Studio 1
	6:00-6:20pm	MIX-It Monday (Cardio)	Varies	Studio 2
	6:20-6:40pm	MIX-It Monday (Cardio)	Varies	Studio 2
	6:40-7:00pm	MIX-It Monday (Cardio)	Varies	Studio 2
	6:00-6:20pm	MIX-It Monday (Strength)	Varies	Studio 3
	6:20-6:40pm	MIX-It Monday (Strength)	Varies	Studio 3
6:40-7:00pm	MIX-It Monday (Strength)	Varies	Studio 3	
7:30-8:30pm	Hot Yoga	Nina	Studio 3	
Tues	6:15-7:00am	Bootcamp	Jessica F.	Studio 1
	11:30-12:00pm	H.I.I.T.	Debbie	Studio 1
	12:05-12:35pm	CoreBlast	Heather	Studio 3
	12:15-1:00pm	Cycle&Sculpt	Ann	Studio 2
	5:30-6:15pm	Barre	Heather	Studio 3
	6:00-6:45pm	CycleCore	Jessica P.	Studio 2
	6:30-7:30pm	AirYoga Flow	Heather	Studio 1
	7:00-8:00pm	BodyPump	Rachel	Studio 3
Wed	6:15-7:00am	CycleCore	Emily	Studio 2
	11:30-12:15pm	BarreTONE	Erica	Studio 3
	12:00-12:45pm	Werq®	Jenny	Studio 1
	12:15-1:00pm	Cycle	Ann/Heather	Studio 1
	6:00-6:45pm	Bootcamp	KJ	Studio 1
	6:30-7:30pm	Cycle	Jessica P.	Studio 2
	7:30-8:30pm	Hot Yoga	Heather	Studio 3
Thur	6:15-7:00am	Bootcamp	Ann	Studio 1
	11:30-12:00pm	H.I.I.T.	Ann	Studio 1
	12:00-12:30pm	Cycle Xpress	Anna	Studio 2
	12:15-1:00pm	BODYPUMP™ Xpress	Ann	Studio 1
	5:30-6:30pm	Power Yoga	Heather	Studio 3
	6:00-6:45pm	Kickboxing	KJ	Studio 1
	7:00-8:00pm	Pilates MAT	Melissa	Studio 1
Fri	6:15-7:00am	Power Yoga	Heather	Studio 3
	11:30-12:00pm	CoreBlast	Heather	Studio 1
	12:00-12:30pm	AirYogaXpress	Heather	Studio 3
Sat	10:00-11:00am	Hot Yoga	Ann	Studio 1
Sun	9:30-10:30am	BODYPUMP™	Rachel/Matt	Studio 1
	10:30-11:00am	Cycle Xpress	Rachel	Studio 2

NEW CLASS: MIX-IT Mondays

Join us on Monday's for an innovative new class! Each week, experience a different class in 20 minute segments. The great part about this class is that YOU choose your own workout. Please note, every Monday the formats will vary.

This class includes the following formats:

Cycling, BodyPump, TRX/TRXCore, Yoga, HIIT, Bootcamp, TreadFIT, Barre and CoreBlast

Registration is required for ALL classes

Please register online at www.myebfitnessclub.com