

FITNESS

GROUP FITNESS CLASSES

- More than 160 Group Fitness classes every week
- Free with membership OR daily admission
- Includes Spinning™, Yoga, Pilates, Aqua Fit, Deep Water Aqua, Warm Water Exercise, Boxing, Step and more!

Current group fitness calendar/class schedule is available at our sales desk and on our website www.freedom-center.com. Note that schedules are modified during holiday periods.

SPECIALTY FITNESS CLASSES

Belly Dancing with Samia (Ages 16 and up)

Thu 8:30-9:30 pm OR Sat 1:30-2:30 pm

Practice the art of Middle Eastern Dance in this hour long torso slimming class! Students 16 and older are welcome.

6 Week Sessions- Fee: \$65

Thu Session I: September 24-October 29

Thu Session II: November 5-December 17
(No class on Nov 26)

Sat Session I: September 26-October 31

Sat Session II: November 7-December 19
(No class on Nov 28)

Bridal Boot Camp Tue/Thu 6:30-7:30 pm

This class is for bride's-to-be who want to be in tip-top shape for their special day! Class will include basic boot camp activities as well as socializing with other soon-to-be brides!

6 Week Sessions- Fee: \$94

Session I: September 22-October 29

Session II: November 3-December 15
(No class on Nov 26)

Hip Hop for Fitness (12 and up)

Fri 4:30-5:15 pm

If you like to dance and you love hip hop music, you'll love this class! Participants will learn the latest hip hop dances while working up a sweat!

6 Week Sessions-

Fee: \$48/\$10 drop in rate per class

Session I: September 25-October 30

Session II: November 6-December 18
(No class on Nov 27)

NEW! Pre Season Training! (Ages 10-15)

Sat 8:30-10:00 am

No matter what sport you enjoy, this class will provide the overall fitness fundamentals every athlete needs to succeed. Activities will include agility drills, core conditioning, joint stability exercises, anaerobic and aerobic activities and more!

6 Week Sessions-

Fee: \$90/\$10 drop in rate per class

Session I: September 26-October 31

Session II: November 7-December 19
(No class on Nov 28)

NEW! Spin for Weight Loss (Ages 18 and up)

Mon/Wed 8:30-9:30 pm

Take advantage of Spin's natural calorie burning by combining it with individual focus on specific heart rate training to meet your own personal needs. Focused attention will also be made toward nutrition and other daily activities. Participants will receive one hour of free personal training in addition to pre-testing, post-testing and two classes per week. This program is a certified Spin activity.

6 Week Sessions- Fee: \$288 (includes free one hour personal training session!)

Session I: September 21-October 28

Session II: November 2-December 14
(No class on Nov 25)

Teen Strength Training Plus! (Ages 13-15)

Tue/Thu 5:30-6:15 pm

Bring your 13-15 year olds to Freedom to get the same workout as you do in a teen-oriented environment. Participants will use the track and strength training equipment and then complete their workout with stretches.

6 Week sessions-

Fee: \$90/\$10 drop in rate per class

Session I: September 22-October 29

Session II: November 3-December 15
(No class on Nov 26)

Teen Cardio Blast (Ages 12-15)

Mon/Wed 6:30-7:15 pm

This class is perfect for those 12 – 15 year olds who would like to improve their aerobic endurance and burn off excess energy and calories! Participants will use various cardiovascular exercises to provide them with a great workout AND allow them to determine what exercises they prefer to do. Thirty-five minutes will include aerobic work and 10 will be for post exercise stretching.

6 Week Sessions-

Fee: \$90/\$10 drop in rate per class

Session I: September 21-October 28

Session II: November 2-December 14
(No class on Nov 25)

New Ages! Teen Spin (Ages 10-15 and taller than 5'1")

Tue/Thu 4:30-5:15 pm

These teens get to experience what their parents have been enjoying in Spin all these years! This workout is designed specifically for this age with their music and their input on the rides. Not only will they increase their aerobic endurance, but they'll burn off lots of energy and calories!

6 Week Sessions- Fee: \$90

Session I: September 22-October 29

Session II: November 3-December 15
(No class on Nov 26)

Teen Yoga (Ages 12-15)

Mon/Wed 6:30-7:15 pm

Yoga is an exercise program that has taken the fitness industry by storm!

Studies have shown not only medical improvements in decreased blood-pressure, decreased

blood sugars, improved flexibility, and weight loss, but Yoga also improves focus and the ability to let go of stress. Participants will experience both strength training and stretching in this 45 minute class.

Fee: \$90/\$10 drop in rate per class

Session I: September 21-October 28

Session II: November 2-December 14
(No class on Nov 25)

NEW! Youth Strength Training Plus!

(Ages 10-12) Tue/Thu 6:30-7:15 pm

Create good exercise habits early with this fun and energetic workout designed just for kids 10-12. Most work will be done with small equipment or with their own body weight.

Fee: \$90/\$10 drop in rate per class

Session I: September 22-October 29

Session II: November 3-December 15
(No class on Nov 26)

