

Freedom Aquatic & Fitness Center - Group Exercise

Effective 1-2-20



KEY	STUDIO		SPINNING®		MIND/BODY - ROOM 218	AQUA	
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45 a.m.		SPINPower® Kathleen		SPINPower® Jeanine		SPINPower® Kathleen	
6:00 a.m.			BOOT CAMP Kathleen		BOOT CAMP Ronald		
7:30 a.m.		WARM WATER Kim		AQUA+ for ARTHRITIS Kim			
8:30 a.m.		RPM Melanie		SPIN® Melanie		RPM Melissa	8:15 A.M. SPINPower® 60 mins. - Nils
		FOUNDATION YOGA Gayle	SMART MOVES Melissa		ZUMBA GOLD TONING Patty		
		AQUA FIT Kim	AQUA FIT Kim	AQUA FIT Kim	AQUA FIT Kim		
9:00 a.m.		● INTRO TO BODYPUMP Kerri Jan. Only!		● CORE ETC. Melissa R.			
9:30 a.m.	BODYCOMBAT Sandrelle / Melissa L.	BODYPUMP Kerri	BODYCOMBAT Liz	BODY LAB Melissa R.	BODYCOMBAT Liz	H.I.I.T. Kelly	BODYPUMP Jo
	SPIN® Jo/Amy D	CIRCUIT SPIN® Julie	RPM Melissa		SPINPower® Julie	SPIN® Debbie	RPM Kelly / Melanie
		YOGA Tammy	PILATES FLOW Niki	GENTLE YOGA Karen S.	YOGA Tammy	YOGILATES Tammy	TAI CHI Aleks
		AQUALATES Ella	CARDIO & CORE Julie	DEEP H2O Debbie		AQUA FIT Kelly E.	AQUA FIT Deitra / Karen H.
10:30 a.m.		TRANSFORM STEP Kelly	KB POWER Tommy	TRANSFORM STEP+ Kelly	POWER SCULPT Zeynep	BARRE BASICS Debbie	YOGA Kelly / Tammy
			SPIN® Jeanine	RPM Robin	RPM 60 MINS. Kelly		
	POWER YOGA Liz / Jeanine	PILATES Tammy	YIN STRETCH & RESTORE Debbie	SMART CHAIR YOGA Acacia & Gayle	PRECISION PILATES Niki	GENTLE YOGA Tammy	
		DEEP H2O Julie	DEEP H2O Cherie	AQUA MAT YOGA Debbie	DEEP H2O Cherie	WARM WATER FLOW Kelly E.	DEEP H2O Deitra / Karen H.
11:30 a.m.		ZUMBA Zeynep	YOGA REMIX Zeynep	BODYPUMP Robin & Helen	● YOGA FOR ABS & CORE - Kelly	ZUMBA Patty	ZUMBA Alt. Instructors
		SMART CHAIR YOGA Jeanine	SMART CHAIR YOGA Tammy	ASHTANGA YOGA Elena	SMART CHAIR YOGA Acacia	SMART CHAIR YOGA Gayle	
		WARM WATER Ella	AQUA+ for ARTHRITIS Cherie	WARM AQUALATES Ella	WARM WATER Cherie		
AFTERNOON / EVENING							
12:30 p.m.		VINYASA FLOW Jeanine	GENTLE YOGA Acacia		RESTORATIVE YOGA Debbie	GENTLE YOGA STRETCH Elena	
4:30 p.m.		BODY LAB Irina	ZUMBA Gaby	BODYPUMP Beth	LET'S DANCE! Robin	BODYPUMP Helen	
5:30 p.m.		BODYCOMBAT Melissa L	BODYPUMP Robin	YOGILATES Kathleen	H.I.I.T. Tommy		
		CIRCUIT SPIN® Robin		RPM Denise	SPINPower® Beth		
		YOGILATES Debbie	▲ POWER YOGA 75 mins. - Mimi	GENTLE YOGA Acacia	▲ POWER YOGA 75 mins. - Liz	HAPPY HOUR YOGA Deitra	
6:00 p.m.					DEEP H2O Deitra		
6:30 p.m.		YOGA Karen H.	H.I.I.T. Irina	DRILL Nils	BODYPUMP Melanie		
			SPIN® Amy D.				
				YIN RELAXATION YOGA Debbie	AQUA ZUMBA Emily		
		AQUA FIT Lynn L.					
7:00 p.m.		SPIN® Janel			SPIN® Deitra & Amy		
7:30 p.m.		ZUMBA Zo		ZUMBA Zo	Z DANCE Chico		

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Check out our app for the schedule on the go!

Instructors and Class Format are subject to change when substitutions are needed.

● 30 minutes ■ 45 minutes ▲ 75 minutes ◆ 90 minutes

Studio

BARRE BASICS:

Fusion of traditional ballet, pilates

- Format: Proportional toning at the barre to a lean physique without added bulk—stronger abs and back muscles, a lifted derrière, flexibility and posture awareness.
- Level: All fitness levels

BODY LAB:

- Format: Functional total body strength training with weights, bosus, gliders to create efficient movement in all planes. No cardio.

- Level: Moderate to advanced

BOOTCAMP: Drill based exercises

- Format: Stations and/or circuits of calisthenics, cardio, strength, speed & agility
- Level: Intermediate to advanced

CORE ETC.:

- Format: Core, hip, back & pelvic exercises to stabilize and strengthen mind and body connection.

- Level: All fitness levels

CORE FIT H.I.I.T.:

- Format: High intensity based training that focuses on “core first” Various equipment and cardio to keep energy level high.

- Level: Moderate to advanced.

DRILL:

- Format: Boot Camp format focusing on military based drills of cardio, strength, stamina and mental focus.

- Level: Fitness base required - intermediate to advanced

H.I.I.T.: High Intensity Interval Training

- Format: Interval specific training based on bouts of maximal work with minimal recovery. Cardio, plyometrics strength & power.

- Level: Fitness base required - intermediate to advanced

KB POWER

- Format: Kettle Bell training with focus on integrated strength and power. Functional and unilateral components incorporated.

- Level: Moderate to advanced

LESMILLS BODYCOMBAT™:

Cardio mixed martial arts

- Format: Inspired by martial arts, highly energetic, choreographed to powerful music

- Level: Intermediate to advanced

LESMILLS BODYPUMP™:

Total body resistance training

- Format: 60 minute workout challenging all major muscle groups using the best strength exercises with smart bar system.

- Level: All fitness levels

LESMILLS BODYPUMP™ TECHNIQUE:

- Format: 30-minute step-by-step to execute proper form and mechanics of the classic Body Pump exercises.

- Level: Beginners and those who want to improve technique.

LET'S DANCE!

- Format: 50/50 Fusion of Zumba and other dance genres for a high energy workout.

- Level: All Fitness levels

POWER SCULPT:

- Format: Cardio and weight toning circuits to tone and shred!

- Level: Moderate to advanced fitness level

TRANSFORM STEP +:

- Format: A leading-edge total body workout using the step from Super Trainer Shaun T. Transform your entire body in a high intensity workout. NOT your old school step class! Finish with ab & glute toning!

- Level: Moderate to advanced

YOGA FOR ABS & CORE:

Unites mind, body and spirit

- Format: A series of yoga based movements that target the core for strength and stabilization

- Level: All fitness levels

YOGA REMIX

- Format: Fusion of Yoga based movement and light weights to tone & sculpt the body

- Level: Moderate to advanced

ZUMBA®:

Latin inspired cardio dance party

- Format: Dance to rhythm of Latin, Fusion & hip hop high energy music

- Level: All fitness levels

MindBody

ASHTANGA YOGA:

- Format: A traditional series of poses performed in the same order, combining strength, flexibility and stamina.

- Level: Yoga base recommended

FOUNDATION YOGA:

- Format: This gentle approach teaches foundation poses, variations, proper alignment, use of breath for movement, props for support, and body support to prevent injury.

- Level: Beginners and those who want to improve

GENTLE STRETCH & RESTORE: Restorative

- Format: Slow paced, gentle yoga class to include a few restorative poses throughout class.

- Level: All fitness levels

GENTLE YOGA: A mind-body form of exercise

- Format: This class is for beginners or those who want a less strenuous practice. Modified poses focus on breathing, stretching and strengthening.

- Level: Good for all fitness levels. Work includes some floor work as well as standing poses.

PILATES: Focused core and posture

- Format: Sequence of exercises to align posture, strengthen and stabilize core, and create balance

- Level: All fitness levels

PILATES FLOW

- Format: Sequenced Pilates movement with a maintained aerobic base with core focus and efficient transitions. Minimal equipment, balls, rings and small bars.

- Level: Moderate to advanced

POWER YOGA:

- Format: Fitness based vinyasa style yoga with emphasis on strength and flexibility. This is a 75 minute class.

- Level: Yoga base recommended

PRECISION PILATES

- Format: Pilates based movement with light to moderate weights that incorporates toning and muscular endurance through high repetitions.

- Level: Moderate to advanced

RESTORATIVE YOGA:

- Format: Restores and maintains natural mobility of joints by holding poses for a longer duration

- Level: All fitness levels

SMART MOVES: For the 55 and older population and younger participants who need the benefit of a less strenuous class.

- Format: Class includes aerobic, muscle and flexibility conditioning.

- Level: All fitness levels

SMART CHAIR YOGA: Stretches and movements while sitting in a chair and some standing poses.

- Format: 45 minute gentle chair based class designed for active adult age, or those with limited mobility and who are unable to do any floor work.

- Level: Beginners and those with limited capabilities

TAI CHI: A proven choice for older clients

- Format: Authentic Tai Chi principles of mental focus, balance, stability.

- Level: All fitness levels

VINYASA FLOW YOGA:

Unites mind, body and spirit

- Format: A flowing style linking breath and movement through a creative series of postures, balancing strength and flexibility while cultivating mindfulness through a continuous flow

- Level: All fitness levels

YIN RELAXATION YOGA:

- Format: Relax and rejuvenate with these longer duration poses as you melt away stress at the end of the day.

- Level: All fitness levels

YOGA: Unites mind, body and spirit

- Format: Sequences of yoga poses with focus on breathing, stretching and strengthening, to create a total body experience

- Level: All fitness levels

YOGILATES: This class combines the best parts of two classes.

- Format: This class combines the best parts of two classes. Yoga poses combine with the core work of Pilates to create a great workout.

- Level: All fitness levels

ZUMBA GOLD TONING

- Format: Zumba based light dance moves incorporating light weights, high repetitions. Fun and energetic!

- Level: Beginner to moderate

SPIN

CIRCUIT SPIN:

- Format: High energy combination of endurance, strength and speed Spin circuits along with light weight upper body toning.

- Level: All fitness levels

LESMILLS RPM™:

Ride to the beat of highly energetic music

- Format: Interval based rides encompassing hills, flats, mountains, and fast speed.

- Level: All fitness levels

SPIN®:

Focus on basic cycling principles

- Format: Challenging rides incorporating fundamentals of technique, cadence, heart rate/RPE, using all energy zones

- Level: All fitness levels

SPINPower®:

High intensity, high performance based rides

- Format: Intervals, threshold training, power output based rides

- Level: All levels with understanding of expectations

Aqua

AQUA+ for ARTHRITIS

- Format: Aerobic based training that incorporates gentle but productive range of motion, flexibility and strength exercise through use of equipment designed for easy handling.

- Level: All fitness levels

AQUA FIT:

Shallow pool, low impact strength and cardio incorporating aqua equipment. (Swimming skills not required)

- Format: Low impact cardio workout that is easy on the joints. Water Bells and Noodles may be used.

- Level: All fitness levels

AQUALATES:

- Format: Pilates based movement in the water for toning and core.

- Level: All fitness levels

AQUA MAT YOGA:

- Format: Breaking waves on floating yoga mats to incorporate challenging balance, core strength and yoga postures

- Level: All fitness levels

AQUA ZUMBA:

Shallow end of the competition pool (Swimming skills not required)

- Format: Brings the Zumba Fitness Experience to the water by adapting all the Latin moves to an aqua fitness type class. This class will tone your muscles and give you a cardiovascular training while having so much fun!

- Level: All fitness levels

CARDIO & CORE:

Shallow end of the competition pool (Swimming skills not required)

- Format: Aerobic based to maintain steady heart rate for cardiovascular health. Core stabilization and balance worked in

- Level: All fitness levels

DEEP H2O: Deep end of the Competition pool (Flotation belts are welcome)

- Format: Challenging yet self-paced deep water workout that provides strength and flexibility training with cardiovascular training.

- Level: All fitness levels

WARM WATER:

Warm Leisure Pool

(Swimming skills not required)

- Format: Gentle cardio based exercises in warm water to address mobility, range of motion and increase flexibility. Good for chronic limited movement conditions such as arthritis, post injury rehab and joint stiffness that limits mobility.

- Level: All fitness levels

WARM WATER FLOW:

- Format: Yoga movements in warm water for gentle core, balance and flexibility.

- Level: All fitness levels