

Freedom Aquatic & Fitness Center - Group Exercise Effective 6-1-19



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 Devona		
7:30 a.m.		WARM WATER Kim		AQUA+ for ARTHRITIS Kim			
8:30 a.m.			BODYPUMP Julie		BODYPUMP Julie	BODYPUMP Julie	H.I.I.T. Jo
		RPM Melanie		SPIN® Melanie		RPM Melissa	8:15 A.M. SPINPower® 60 mins. - Nils
			SMART MOVES Melissa		ZUMBA GOLD TONING Patty		
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
	SPINPower® Kathleen	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 Alek
10:30 a.m.	YOGILATES Kathleen	STEP IT UP! Lynn	KB POWER Tommy	YOGA REMIX Kelly	LADDERS Lynn	BARRE BASICS Debbie	YOGA Kelly / Tammy
	<i>Last Sunday of each month featured class!</i> 10:30 am - RHYTHM RIDE with Jo June 23, July 28, and Aug 25		SPIN® Robin	SPIN® Camille	RPM 60 MINS. Kelly		
			PILATES Tammy	YIN STRETCH & RESTORE Debbie	SMART CHAIR YOGA Acacia & Gayle	PRECISION PILATES Niki	GENTLE YOGA Tammy
11:30 a.m.		DEEP H2O Julie	DEEP H2O Cherie	AQUA MAT YOGA Debbie	DEEP H2O Cherie	WARM WATER FLOW Kelly E.	DEEP H2O Deitra / Karen H.
		CORE FIT H.I.I.T. Kelly	YOGA REMIX Zeynep	BODYPUMP Robin	● YOGA FOR ABS & CORE - Kelly	ZUMBA Patty	ZUMBA Devona
		SMART CHAIR YOGA Jeanine	SMART CHAIR YOGA Tammy	ASHTANGA YOGA Elena		SMART CHAIR YOGA Tammy / Jeanine	
	WARM WATER Lynn R./Cherie	AQUA+ for ARTHRITIS Cherie		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 Devona	ZUMBA Gaby	BODYPUMP Beth	ZUMBA Robin		
5:30 p.m.		BODYCOMBAT Melissa L	BODYPUMP Robin	BARRE BASICS Deitra / Karen H.	H.I.I.T. Devona	WARRIOR BOOT CAMP Devona	
		SPINPower® Robin		RPM Denise	SPINPower® Beth		
		YOGILATES Debbie	▲ POWER YOGA 75 mins. - Mimi	GENTLE YOGA Acacia	▲ POWER YOGA 75 mins. - Taylor	HAPPY HOUR YOGA Deitra/Karen H.	
6:00 p.m.					DEEP H2O Deitra		
6:30 p.m.		◆ ZUMBA FIT 90 mins. - Zo	H.I.I.T. TRIFECTA Tommy	DRILL Nils	BODYPUMP Melanie		
			RHYTHM RIDE Harper				
		YOGA Karen H.		YOGA Karen H.			
	AQUA FIT Lynn L.			AQUA ZUMBA Emily			
7:00 p.m.		SPIN® Janel		SPIN® Amy/Deitra			
7:30 p.m.				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:** A series of exercises and stretches at the ballet barre, focusing on toning the body proportionally to give you 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 various equipment, weights, bosus, gliders to create efficient movement in all planes. No cardio.
- **Level:** Moderate to advanced

LADDERS:

- **Format:** Strength and cardio based progressive and regressive pyramids precisely formatted for muscular fatigue.
- **Level:** Moderate to advanced

BOOTCAMP: Drill based exercises

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

CORE FIT H.I.I.T.:

- **Format:** High intensity based training that focuses on "core first". Uses various types of equipment and cardio efforts 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

H.I.I.T. Trifecta:

- **Format:** High intensity training in all planes of movement to include Kettle Bell Power, athletic training and functional strength.
- **Level:** Moderate to advanced

KB POWER

- **Format:** Kettle Bell training with focus on integrated strength and power. Functional and unilateral components incorporated.
- **Level:** Moderate to advanced

LES Mills BODYCOMBAT™:

Cardio mixed martial arts

- **Format:** Inspired by martial arts, highly energetic, choreographed to powerful music
- **Level:** Intermediate to advanced

LES Mills BODYPUMP™:

Total body resistance training

- **Format:** 60 minute workout that challenges all major muscle groups by using the best strength exercises with smart bar system.
- **Level:** All fitness levels

STEP IT UP:

A traditional choreography based step class - high intensity, low impact.

- **Format:** Get ready to move up, over, and around the step as we work our way from basic to more intricate footwork. Develop your legs, improve your coordination, and give your cardio endurance a boost.
- **Level:** All fitness levels - step height and movement patterns can be modified to fit.

WARRIOR BOOT CAMP:

- **Format:** Training concepts based on event races, competitions and peak performance
- **Level:** Fitness base recommended

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

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: This class is 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: A yoga class that includes 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

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

LES Mills RPM™:

Ride to the beat of highly energetic music

- **Format:** Interval based rides encompassing hills, flats, mountains, and fast speed.
- **Level:** All fitness levels

RHYTHM RIDE

- **Format:** Ride to the high energy driving beat with added light weights for upper body toning
- **Level:** All fitness levels, weights are optional

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 end of pool, low impact combination of strength and cardio workout that incorporates 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

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