

Freedom Aquatic & Fitness Center - Group Exercise Effective 7-3-22



KEY	STUDIO		SPINNING®		MIND/BODY - 218		AQUA	
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
5:45 a.m.			SPIN® Kathleen		SPIN® Kathleen			
6:00 a.m.		POWER HOUR Kathleen		POWER HOUR Kathleen				
8:15 a.m.							SPIN® Nils	
8:30 a.m.			■ SMART MOVES Melissa R.			BODYPUMP Julie	GRIT Helen	
				RPM Melanie				
					REJUVENATE CHAIR FITNESS Acacia	■ SMART MOVES Acacia/Tammy		
		AQUA FIT Kim		AQUA FIT Kim	DEEP WATER Cherie			
9:30 a.m.	BODYCOMBAT Sandrelle/Claudia/Amber	BODYPUMP Robin	BODY LAB Melissa R.	BODYPUMP Julie	BODYCOMBAT Amber	POWER STEP HiIT Amber	BODYPUMP Helen	
	POWER SPIN® Jo	SPIN® Julie			● SPIN® BASICS Acacia	SPIN® Julie	RPM Kelly/Melanie	
		CHAIR YOGA Tammy	RESTORATIVE MEDITATION YOGA Acacia	YOGA Tammy	PILATES Niki	BARRE Lendys		
			DEEP WATER Cherie	DEEP WATER Kim	AQUA FIT Cherie			★ See the website for the SATURDAY FEATURED CLASSES that will be held.
10:00 a.m.			RPM Kelly					
10:30 a.m.		BARRE Niki/Robin	PILATES Niki	POWER FLOW Lendys	AXIS:BODY Amber	Z DANCEFITNESS Lendys	BOSU BODY BLAST Jo/Kelly	
		YOGA Tammy			GENTLE YOGA Karen	GENTLE YOGA Debbie	YOGA Elena	
		WARM WATER Debbie		WARM WATER Cherie		WARM WATER Kelly E.		
AFTERNOON / EVENING								
4:30 p.m.		BODYPUMP Beth	Z DANCEFITNESS Carlos	BODYPUMP Beth	Z DANCEFITNESS Robin / Carlos	BODYPUMP Helen		
5:30 p.m.		BODYCOMBAT Melissa L.	BODYPUMP Robin	■ CORE Sandrelle	GRIT Carlos / Claudia			
		RPM Robin	SPIN® Carlos	SPIN® Helen				
			INTERMEDIATE YOGA Jason					
6:00 p.m.				AQUA ZUMBA Emily	DEEP WATER Deitra			
6:30 p.m.			GRIT/ HARDCORE HIIT Sandrelle / Amber	BOOTCAMP Nils	BODYPUMP Melanie			
		YOGA Acacia		RESTORATIVE YIN YOGA Debbie				

PLEASE NOTE FOR ALL CLASSES:

- Registration is not required for studio and aqua group exercise classes. **Registration process will remain in place for Spin and Mind/Body classes.**
- Members are able to make reservations 48 hours in advance.
- Daily admission account holders can reserve 23 hours in advance.
- Daily, non members, can reserve one hour in advance with purchase of daily admission pass.
- Classes may be held outdoors, weather permitting.
- Yoga Classes: Bring your own mats and props.
- Reservations can be made through our website or calling our front desk during operating hours. *You will receive an email confirmation once you have completed the process.*

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

- 30 minutes
- 45 minutes
- ▲ 75 minutes
- ◆ 90 minutes

STUDIO/GYM

<p>AXIS:BODY</p> <ul style="list-style-type: none"> ● Format: Focus on endurance-based strength using dumbbells, high repetitions/low weights. No cardio, plyo or steps. ● Level: Fitness base recommended/ modification presented. <p>BARRE BASICS: Fusion of traditional ballet, pilates</p> <ul style="list-style-type: none"> ● 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 <p>BODY LAB:</p> <ul style="list-style-type: none"> ● Format: Functional total body strength training with weights, bosus, gliders to create efficient movement in all planes. No cardio. ● Level: Moderate to advanced <p>BOOTCAMP: Drill based exercises</p> <ul style="list-style-type: none"> ● Format: Stations and/or circuits of calisthenics, cardio, strength, speed & agility ● Level: Intermediate to advanced 	<p>BOSU BODY BLAST</p> <ul style="list-style-type: none"> ● Format: BOSU means B0th Sides Utilized. Class utilizes the unstable surface of the BOSU ball to train 3 dimensional movements including balance, stability, core, power & Strength. Will also include training tools such as bands, weights, kettle bells & medicine balls! ● Level: Fitness based recommended, but all are encouraged <p>CORE</p> <ul style="list-style-type: none"> ● Format: Class focuses on core strength, posture, stability and power through functional movement. ● Level: All fitness levels <p>GRIT & PUMP EXPRESS/STUDIO</p> <ul style="list-style-type: none"> ● Format: Combined class (30 min for each) to blend strength, cardio & core. In & out & done! ● Level: Fitness base recommended <p>LES MILLS BODYCOMBAT™: Cardio mixed martial arts</p> <ul style="list-style-type: none"> ● Format: Inspired by martial arts, highly energetic, choreographed to powerful music ● Level: Intermediate to advanced <p>LES MILLS BODYPUMP™: Total body resistance training</p> <ul style="list-style-type: none"> ● Format: 60 minute workout challenging all major muscle groups using the best strength exercises with smart bar system. ● Level: All fitness levels 	<p>LES MILLS BODYPUMP™ TECHNIQUE:</p> <ul style="list-style-type: none"> ● Format: 30-minute step-by-step to execute proper form and mechanics of the classic Bodypump exercises. ● Level: Beginners and those who want to improve technique. <p>FLEX & FLOW</p> <ul style="list-style-type: none"> ● Format: Fusion of yoga based movement and light weights to tone and sculpt the body. ● Level: Moderate to advanced <p>LES MILLS GRIT™:</p> <ul style="list-style-type: none"> ● Format: A 30-minute H.I.I.T. workout with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit, fast. GRIT has three formats. Strength (focusing on load and range), Cardio (focusing on speed), and Athletic (focusing on athletic conditioning: power, speed and agility). ● Level: Intermediate to advanced <p>H.I.I.T.: High Intensity Interval Training</p> <ul style="list-style-type: none"> ● Format: Interval specific training based on bouts of maximal work with minimal recovery. Cardio, plyometrics strength & power. ● Level: Fitness base required - intermediate to advanced 	<p>POWERFLOW:</p> <ul style="list-style-type: none"> ● Format: Bend and stretch through a series of simple yoga moves, elements of Tai Chi and Pilates. The workout is designed to center the body while lengthening and strengthening the muscles. Body balance aims to strengthen the core, promote flexibility ● Level: All fitness levels <p>POWER HOUR</p> <ul style="list-style-type: none"> ● Format: Full body spectrum training that includes cardio, strength, mobility, flexibility and core ● Level: Intermediate to advanced <p>POWER STEP HIIT/STUDIO: Not traditional Step class</p> <ul style="list-style-type: none"> ● Format: High intensity intervals using the step for cardio, pushups, squats & lunges. Plyo, speed, agility and strength. ● Level: Intermediate to advanced <p>Z DANCEFITNESS: Afrobeats, Latin, hip-hop inspired cardio dance party</p> <ul style="list-style-type: none"> ● Format: Dance to rhythm of high energy music ● Level: All fitness levels
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MINDBODY

<p>GENTLE YOGA: A mind-body form of exercise</p> <ul style="list-style-type: none"> ● 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. <p>PILATES: Focused core and posture</p> <ul style="list-style-type: none"> ● Format: Sequence of exercises to align posture, strengthen and stabilize core, and create balance ● Level: All fitness levels 	<p>POWER YOGA:</p> <ul style="list-style-type: none"> ● Format: Fitness based vinyasa style yoga with emphasis on strength and flexibility. This is a 75 minute class. ● Level: Yoga base recommended <p>REJUVENATE CHAIR FITNESS</p> <ul style="list-style-type: none"> ● Format: Chair incorporated creative and functional energy boosting fitness based on everyday activities. Supports balance, coordination and longevity. ● Level: Open to all levels and abilities. 	<p>RESTORATIVE YIN YOGA:</p> <ul style="list-style-type: none"> ● Format: Meditative practice to stretch, improve joint mobility and release tension in body & mind. Please bring your own blanket & mat. ● Level: All fitness levels <p>RESTORATIVE MEDITATION YOGA:</p> <ul style="list-style-type: none"> ● Format: Align mental and physical by practicing stillness or gentle movement for extended periods of time. Please bring your own blanket & mat. ● Level: All fitness levels 	<p>SMART MOVES: For the 55 and older population and younger participants who need the benefit of a less strenuous class.</p> <ul style="list-style-type: none"> ● Format: Class includes aerobic, muscle and flexibility conditioning. ● Level: All fitness levels <p>CHAIR YOGA: Stretches and movements while sitting in a chair and some standing poses.</p> <ul style="list-style-type: none"> ● Format: gentle chair based class designed for active adult age, or those with limited mobility and who are unable to do any floor work. ● Level: All fitness levels, beginners and those with limited capabilities 	<p>YOGA: Unites mind, body and spirit</p> <ul style="list-style-type: none"> ● Format: Sequences of yoga poses with focus on breathing, stretching and strengthening, to create a total body experience ● Level: All fitness levels <p>YOGILATES: This class combines the best parts of two classes.</p> <ul style="list-style-type: none"> ● 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
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SPIN

<p>LES MILLS RPM™: Ride to the beat of highly energetic music</p> <ul style="list-style-type: none"> ● Format: Interval based rides encompassing hills, flats, mountains, and fast speed. ● Level: All fitness levels 	<p>POWER SPIN®:</p> <ul style="list-style-type: none"> ● Format: High intensity, high energy cardio cycling ● Level: Intermediate to advanced 	<p>SPIN®: Focus on basic cycling principles</p> <ul style="list-style-type: none"> ● Format: Challenging rides incorporating fundamentals of technique, cadence, heart rate/ RPE, using all energy zones ● Level: All fitness levels 	<p>SPIN® BASICS: Learn cycling basics</p> <ul style="list-style-type: none"> ● Format: Learn how to ride in a very comfortable setting that will include a 30 minute basic ride plus bike set up and stretching at the end. Informational handouts available on bike set up and core positions. ● Level: All fitness levels
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AQUA

<p>AQUA FIT: Shallow pool, low impact strength and cardio incorporating aqua equipment. (Swimming skills not required)</p> <ul style="list-style-type: none"> ● Format: Low impact cardio workout that is easy on the joints. Water Bells and Noodles may be used. ● Level: All fitness levels <p>AQUA MAT YOGA:</p> <ul style="list-style-type: none"> ● Format: Breaking waves on floating yoga mats to incorporate challenging balance, core strength and yoga postures ● Level: All fitness levels 	<p>AQUA ZUMBA: Shallow end of the competition pool (Swimming skills not required)</p> <ul style="list-style-type: none"> ● 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 	<p>DEEP H2O: Deep end of the Competition pool (Flotation belts are welcome)</p> <ul style="list-style-type: none"> ● Format: Challenging yet self-paced deep water workout that provides strength and flexibility training with cardiovascular training. ● Level: All fitness levels 	<p>WARM WATER: Warm Leisure Pool (Swimming skills not required)</p> <ul style="list-style-type: none"> ● 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
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