

Freedom Aquatic & Fitness Center – Group Exercise Effective 9-4-18



All classes included with Daily Admission or Membership. Please see reverse side for class descriptions.

KEY	STUDIO		SPINNING®		MIND/BODY - ROOM 218		AQUA	
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
MORNING								
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 Beth	H.I.I.T. Jo	
		RPM Melanie		SPIN® Melanie		RPM Melissa	8:15 A.M. SPINPower® 60 mins. - Nils	
			SMART MOVES Melissa		SMART MOVES Niki	TAI CHI Alek		
		AQUA MOTION Kim	AQUA STRENGTH Kim	DEEP H2O Kim	AQUA MOTION Kim	AQUA STRENGTH Kelly E.		
9:00 a.m.				● CORE XPRESS Melissa				
9:30 a.m.	BODYCOMBAT Jo & Sandrelle and Melissa L	BODYPUMP Beth	BODYCOMBAT Liz	MUSCLE 360 Melissa	BODYCOMBAT Liz	H.I.I.T. Kelly	BODYPUMP Jo	
	SPINPower® Kathleen	SPIN® Julie	RPM Melissa	ABC SPIN® Debbie	SPINPower® Julie	SPINPower® Beth	RPM Kelly / Melanie	
		YOGA Tammy	PILATES BURN Niki	GENTLE YOGA Karen S.	YOGA Tammy	YOGILATES Tammy		
		CARDIO & CORE Cherie	CARDIO & CORE Cherie	AQUA STRENGTH Beth	AQUA ZUMBA Robin	DEEP H2O Kelly E.	AQUA MOTION Alternating Instructors	
10:30 a.m.	YOGILATES Kathleen	STEP IT UP! Lynn	KETTLE BELL H.I.I.T. Kerri	BARRE XPRESS 30 mins. Kelly	TABATA BASED CIRCUITS Lynn	BARRE BASICS Debbie	YOGA Kelly / Tammy	
			SPIN® Jeanine		RPM 60 MINS. Kelly			
		PILATES Tammy	YIN STRETCH & RESTORE Debbie	SMART CHAIR YOGA Darlene	PILATES TONING Niki	GENTLE YOGA Tammy		
		DEEP H2O Julie	DEEP H2O Cherie	AQUA MAT YOGA Debbie	DEEP H2O Cherie	WARM WATER YOGA Kelly E.	DEEP H2O Alternating Instructors	
11:00 a.m.			YOGA POWER+ 30 mins. Kelly					
11:30 a.m.		SWEAT to the CORE Kelly		BODYPUMP Kerri	● YOGA FOR ABS & CORE - Kelly	ZUMBA Patty	ZUMBA Devona	
		SMART CHAIR YOGA Darlene	SMART CHAIR YOGA Tammy	▲ MULTI-LEVEL YOGA 75 mins. Darlene		SMART CHAIR YOGA Tammy/Darlene		
		WARM WATER Lynn	AQUA+ for ARTHRITIS Cherie	WARM WATER Alex	WARM WATER Cherie			
12:30 p.m.		YOGA FOR BACK Darlene	GENTLE YOGA Debbie		▲ YIN STRETCH & RESTORE Debbie	▲ GENTLE STRETCH & RESTORE Darlene		
AFTERNOON / EVENING								
4:30 p.m.		MUSCLE 360 Devona	ZUMBA Gaby	BODYPUMP Robin	ZUMBA Robin	BODYPUMP AC		
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 Robin	SPINPower® Beth			
		PILATES Heather	▲ POWER YOGA 75 mins. - Megan	GENTLE YOGA Acacia	▲ POWER YOGA 75 mins. - Taylor	HAPPY HOUR YOGA Deitra/Acacia		
6:30 p.m.		YOGA Karen H.	KETTLE BELL H.I.I.T. Tommy	BOOT CAMP Nils	BODYPUMP Melanie			
			RPM Denise	ABC SPIN® 30 mins. Amy/Dietra				
				YOGA Karen H.				
		AQUA MOTION Lynn		AQUA ZUMBA Emily				
7:00 p.m.		SPIN® Janel		SPINPower® Amy/Dietra				
			BARRE & YOGA STRETCH Deitra					
7:30 p.m.		ZUMBA Zo		ZUMBA Zo	PARTY W/PATTY Patty			

ABC Cycle!
(Absolute Basics Class)
The FIRST WEDNESDAY
of each month will be
a 30 minute Intro to
Cycling Class.

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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

Group Exercise Class Descriptions

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 derriere, flexibility and posture awareness.
- **Level:** All fitness levels

BARRE XPRESS:

Fusion of traditional ballet, pilates

- **Format:** Series of Barre exercises that improve endurance and overall energy, increase flexibility, and create a sculpted toned physique
- **Level:** All fitness levels

CORE XPRESS:

- **Format:** 30 minute class designed to identify, engage, and work core muscles to increase strength and stabilization Various equipment incorporated.
- **Level:** All fitness levels

TABATA BASED CIRCUITS:

- **Format:** Tabata inspired precise rounds of high energy exercise aimed at improving cardio, strength and core.
- **Level:** All fitness levels welcome, modifications presented

BOOTCAMP: Drill based exercises

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

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HIIT: 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.

KETTLE BELL HIIT:

- **Format:** Kettle Bell workout that incorporates athletic conditioning and power drills
- **Level:** Fitness base recommended

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

MUSCLE 360:

- **Format:** Functional strength training through all planes of movement incorporating a variety of equipment.
- **Level:** All fitness levels

PARTY W/ PATTY:

- **Format:** High energy, high calorie burn dance party! Mixed genre of music
- **Level:** No dancing experience required- all fitness levels welcome!

STEP IT UP:

A traditional choreography based step class that is high intensity, yet 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

ZUMBA®:

Latin inspired cardio dance party

- **Format:** Dance to rhythm of Latin, Fusion & hip hop high energy music
- **Level:** All fitness levels

MindBody

BARRE & YOGA STRETCH

- **Format:** A combination of Barre toning and gentle Yoga poses for stretching.
- **Level:** All fitness levels

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.

MULTI-LEVEL YOGA:

- **Format:** Yoga postures and modifications, meditation, breathing and guided relaxation
- **Level:** All fitness levels

PILATES: Focused core and posture

- **Format:** Sequence of exercises to align posture, strengthen and stabilize core, and create balance
- **Level:** All fitness levels

PILATES BURN: Focused core and posture

- **Format:** Traditional pilates with challenging positions in an endurance based class. Modifications will be provided
- **Level:** Intermediate to advanced

PILATES TONING: Focused core and posture

- **Format:** Pilates based sequences with focus on toning with weights& bands
- **Level:** Intermediate to advanced

POWER YOGA: A mind-body form of exercise

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

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

YIN STRETCH & RESTORE: Restorative Yoga

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

YOGA FOR BACK HEALTH:

- **Format:** Multi level yoga class with emphasis on movements and poses for the back, hips, abdominals, shoulders and hamstrings that will promote flexibility, ease and strength of the core.
- **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

SPINNING®

ABC SPIN® (Absolute Basics Class)

- **Format:** Learn proper bike set up, mechanics, and energy training zones at a comfortable work pace. Focus on form and technique.
- **Level:** Good for all fitness levels – beginners, novice cyclists and those who want to refresh basic training

LES MILLS RPM™:

- **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 MAT YOGA:

- **Format:** Breaking waves on floating yoga mats to incorporate challenging balance, core strength and yoga postures
- **Level:** All fitness levels

AQUA MOTION: Shallow end of the competition pool (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 STRENGTH: Shallow end of the competition pool (Swimming skills not required)

- **Format:** Using the properties of water (water bells, bands and noodles) to incorporate muscular strength and endurance training.
- **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 YOGA:

- **Format:** Yoga movements in warm water for gentle core, balance and flexibility.
- **Level:** All fitness levels