# Freedom Aquatic & Fitness Center – Group Fitness

Effective 6-5-17

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

<table>
<thead>
<tr>
<th>Time</th>
<th>Studio</th>
<th>Cycle</th>
<th>Mind/Body - Room 218</th>
<th>Aqua</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MORNING</strong></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>5:45 a.m.</td>
<td>CYCLE</td>
<td>Kathleen</td>
<td>Cycle</td>
<td>Kathleen</td>
</tr>
<tr>
<td>6:00 a.m.</td>
<td>WARM WATER</td>
<td>Kim</td>
<td>BOOM &amp; STRENGTH</td>
<td>Kim</td>
</tr>
<tr>
<td>7:30 a.m.</td>
<td>BODY PUMP</td>
<td>Weekend</td>
<td>CYCLE</td>
<td>Jeanine</td>
</tr>
<tr>
<td>8:00 a.m.</td>
<td>RPM</td>
<td>Melanie</td>
<td>Cycle</td>
<td>Melanie</td>
</tr>
<tr>
<td>8:30 a.m.</td>
<td>SMART MOVES &amp; ACTIVE BALANCE</td>
<td>Melissa</td>
<td>SMART MOVES &amp; ACTIVE BALANCE</td>
<td>Melissa</td>
</tr>
<tr>
<td>9:00 a.m.</td>
<td>AQUA MOTION</td>
<td>Kim</td>
<td>AQUA STRENGTH</td>
<td>Kim</td>
</tr>
<tr>
<td>9:30 a.m.</td>
<td>BODY COMBAT</td>
<td>Jo and Sandrelle</td>
<td>BODY PUMP</td>
<td>Beth</td>
</tr>
<tr>
<td>10:00 a.m.</td>
<td>CYCLE</td>
<td>Julie</td>
<td>STEP UP</td>
<td>Melissa</td>
</tr>
<tr>
<td>10:30 a.m.</td>
<td>RPM</td>
<td>Melissa</td>
<td>CYCLE</td>
<td>Melanie</td>
</tr>
<tr>
<td>11:00 a.m.</td>
<td>SMART MOVES &amp; ACTIVE BALANCE</td>
<td>Melissa</td>
<td>SMART MOVES &amp; ACTIVE BALANCE</td>
<td>Melissa</td>
</tr>
<tr>
<td>12:00 p.m.</td>
<td>AQUA MOTION</td>
<td>Kim</td>
<td>AQUA STRENGTH</td>
<td>Lee</td>
</tr>
<tr>
<td><strong>AFTERNON / EVENING</strong></td>
<td></td>
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<tr>
<td>4:30 p.m.</td>
<td>PURE MUSCLE 360</td>
<td>Devonna</td>
<td>ZUMBA</td>
<td>Devonna</td>
</tr>
<tr>
<td>5:00 p.m.</td>
<td>BODY COMBAT</td>
<td>Melissa</td>
<td>BODY PUMP</td>
<td>Robin</td>
</tr>
<tr>
<td>5:30 p.m.</td>
<td>PRECISION CYCLE</td>
<td>Robin</td>
<td>RPM</td>
<td>Debbie</td>
</tr>
<tr>
<td>6:00 p.m.</td>
<td>RPM</td>
<td>Denise</td>
<td>ABC CYCLE 30 mins.</td>
<td>Amy / Deitra</td>
</tr>
<tr>
<td>6:30 p.m.</td>
<td>AQUA MOTION</td>
<td>Lynn</td>
<td>CYCLE</td>
<td>Amy / Deitra</td>
</tr>
<tr>
<td>7:00 p.m.</td>
<td>CYCLE</td>
<td>Janel</td>
<td>BARRE &amp; YOGA STRETCH</td>
<td>Deitra</td>
</tr>
<tr>
<td>7:30 p.m.</td>
<td>ZUMBA</td>
<td>Zo</td>
<td>ZUMBA</td>
<td>Zo</td>
</tr>
</tbody>
</table>

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

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**ACBC Cycle (Absolute Basics Class)**

The first Wednesday of each month will be a 30 minute intro to cycling class.

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**KEY**

- Studio
- Cycle
- Mind/Body - Room 218
- Aqua

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

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**Contact Information**

- Phone: 703-993-8500
- Fax: 703-993-8478
- 9100 Freedom Center Boulevard
- Manassas, VA 20110
- Freedomc@gmu.edu

Check out our app for the schedule on the go!
Group Fitness Class Descriptions

**Studio**

**Barre Basics:**
- Format: Fusion of traditional ballet, pilates
  - Level: All fitness levels

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

**Bootcamp:**
- Format: Drill based exercises
  - Level: All fitness levels

**Les Mills Bodycombat**:  
- Format: Cardio mixed martial arts
  - Level: All fitness levels

**Aquabike:**
- Format: Interval based rides
  - Level: All fitness levels

**Aqua Zumba:**  
- Format: Latin inspired dance party
  - Level: All fitness levels

**MindBody**

**SMART MOVES:**
- Format: 55 and older population and younger participants who need the benefit of a less strenuous class
  - Level: All fitness levels

**T’ai Chi: Health & Fitness**
- Format: Beginners and those with limited capabilities
  - Level: All fitness levels

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

**Yoga:**
- Format: Unites mind, body and spirit
  - Level: All fitness levels

**Cycle**

**Les Mills RPM:**
- Format: Ride to the beat of highly energetic music
  - Level: All fitness levels

**Cycle:**
- Format: Basic to more intricate footwork, develop your legs, improve your coordination, and give your cardio endurance a boost
  - Level: All fitness levels

**Aqua**

**Aqua Motion:**
- Format: Low impact cardio workout that is easy on the joints. Water Belts and Noodles may be used.
  - Entry level: Good for all fitness levels.

**Aqua Zumba:**
- Format: Adaptive to all fitness levels
  - Entry level: Good for all fitness levels.

**Aqua Strength:**
- Format: Using the properties of water (water bells, bands and noodles) to incorporate muscular strength and endurance training.
  - Entry level: Good for all fitness levels.

**Warm Water:**
- 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.
  - Entry level: Good for all fitness levels

**Deep H2O:**
  - Level: Good for all fitness levels