**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>KEY</th>
<th>STUDIO</th>
<th>CYCLE</th>
<th>MIND/BODY - ROOM 218</th>
<th>AQUA</th>
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<tbody>
<tr>
<td></td>
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<td>Morning</td>
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### Morning

<table>
<thead>
<tr>
<th>Time</th>
<th>Studio/Activity</th>
<th>Instructor(s)</th>
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<tbody>
<tr>
<td>5:45 a.m.</td>
<td>CYCLE</td>
<td>Kathleen</td>
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<tr>
<td>6:00 a.m.</td>
<td>CYCLE</td>
<td>Kathleen</td>
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<tr>
<td></td>
<td>BOOT CAMP</td>
<td>Melanie</td>
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<tr>
<td>7:30 a.m.</td>
<td>WARM WATER</td>
<td>Kim</td>
</tr>
<tr>
<td></td>
<td>BODYPUMP</td>
<td>Julie</td>
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<tr>
<td></td>
<td>RPM</td>
<td>Melanie</td>
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<tr>
<td>8:30 a.m.</td>
<td>AQUA MOTION</td>
<td>Kim</td>
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<tr>
<td></td>
<td>BODYCOMBAT</td>
<td>Beth</td>
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<tr>
<td></td>
<td>CYCLE</td>
<td>Julie</td>
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<tr>
<td></td>
<td>STEP UP</td>
<td>Kat</td>
</tr>
<tr>
<td></td>
<td>PURE MUSCLE 360</td>
<td>Melissa</td>
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<tr>
<td></td>
<td>BODYCOMBAT</td>
<td>Liz</td>
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<td>9:30 a.m.</td>
<td>CYCLE</td>
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<td>BODYPUMP</td>
<td>Beth</td>
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<td></td>
<td>RPM</td>
<td>Melissa</td>
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<tr>
<td></td>
<td>YOGA</td>
<td>Debbie</td>
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<tr>
<td></td>
<td>ACTIVELYOGA</td>
<td>Karen S.</td>
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<tr>
<td></td>
<td>CARDIO &amp; CORE</td>
<td>YOGILATES</td>
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<td></td>
<td>ZUMBA</td>
<td>Aquanality</td>
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<tr>
<td>10:30 a.m.</td>
<td>CYCLE &amp; STRENGTH</td>
<td>Jo / Janel</td>
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<td>CYCLE</td>
<td>Beth</td>
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<td></td>
<td>RPM</td>
<td>Jo</td>
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<td>H.I.I.T.</td>
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<tr>
<td>11:30 a.m.</td>
<td>WARM WATER</td>
<td>Elia</td>
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<td></td>
<td>SMART CHAIR YOGA</td>
<td>Darlene</td>
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### Afternoon / Evening

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Instructor(s)</th>
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<tbody>
<tr>
<td>4:30 p.m.</td>
<td>PURE MUSCLE 360</td>
<td>Devonna</td>
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<tr>
<td></td>
<td>ZUMBA</td>
<td>Darlena</td>
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<td></td>
<td>BODYCOMBAT</td>
<td>Kerr</td>
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<td></td>
<td>BODYPUMP</td>
<td>Melodie</td>
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<td></td>
<td>BODYCOMBAT</td>
<td>Devonna</td>
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<td></td>
<td>PRECISION CYCLE</td>
<td>Robin</td>
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<td></td>
<td>RPM</td>
<td>Robin</td>
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<td>CYCLE</td>
<td>Beth</td>
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<tr>
<td>5:30 p.m.</td>
<td>PILATES</td>
<td>Tammy</td>
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<tr>
<td>6:00 p.m.</td>
<td>DEEP H2O</td>
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<tr>
<td>6:30 p.m.</td>
<td>YOGA</td>
<td>Karen H.</td>
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<td></td>
<td>H.I.I.T.</td>
<td>Scott</td>
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<tr>
<td></td>
<td>BOOT CAMP</td>
<td>Nils</td>
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<tr>
<td>7:00 p.m.</td>
<td>CYCLE</td>
<td>Amy / Dietra</td>
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<td>7:30 p.m.</td>
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Instructors and Class Format are subject to change when substitutions are needed.
Group Fitness 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 derrière, flexibility and posture awareness.
- **Level:** All fitness levels

**BARRE BURN:**
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

**NEW! TABATA BODYBURN:**
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

**CARDIO BOOTCAMP:**
Drill based exercises
- **Format:** Total cardio based exercises and drills to increase cardiovascular endurance, performance and coordination through the use of cones, ladders, steps and more. May be conducted outdoors when weather permits.
- **Level:** Fitness based recommended, all levels welcome

**HITT: High Intensity Interval Training**
Interval specific training based on bouts of maximal work with minimal recovery. Cardio, plyometrics strength & power.
- **Level:** Fitness base recommended - intermediate to advanced.

**ACTIVE BALANCE & STRETCH:**
Focused core, posture and flexibility
- **Format:** Work on body awareness, correct posture and form, flexibility and balance. Use to create strong foundation for all forms of exercise.
- **Level:** All fitness levels

**NEW! BARRE & YOGA STRETCH**
Format: A combination of Barre toning and gentle Yoga poses for stretching.
- **Level:** All fitness levels welcome

**GENILE 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

**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:** Good for 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 adults of age, or those with limited mobility and who are unable to do any floor work.
- **Level:** Beginners and those with limited capabilities

**YIN YOGA:**
Restorative Yoga
- **Format:** Restores and maintains natural mobility of joints by holding poses for a longer duration.
- **Level:** Good for all fitness levels

**YIN YANG YOGA:**
90 minute Class
- **Format:** Combination of (Yang) traditional practice for muscular strength, stamina and flexibility, and (Yin) slow-paced practice designed to penetrate deep into connective tissues to expand flexibility and aid in healing. Poses in Yin are held 3-5 minutes.
- **Level:** Yoga 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

**PURE MUSCLE 360:**
blast your fitness to the next level
- **Format:** Cardio based high energy total body workout aimed at improving cardio strength and core- the triple threat! A variety of exercises and equipment.
- **Level:** Good for all fitness levels

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

**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

**LES MILLS RPM™:**
Ride to the beat of highly energetic music
- **Format:** Interval based rides encompassing hills, flats, mountains, and fast speed.
- **Entry Level:** All fitness levels

**CYCLE:**
Focus on basic cycling principles
- **Format:** Challenging rides incorporating fundamentals of technique, cadence, heart rate/RPE, using all energy zones
- **Entry Level:** all fitness levels

**NEW! CYCLE & STRENGTH**
- **Format:** High energy cycle with bouts of upper body basic strength exercises. Use of light weights and high reps to maintain steady cardio based heart rate training.
- **Level:** All fitness levels welcome

**POWER RIDE:**
High intensity, high performance based rides
- **Format:** Intervals, threshold training, power output based rides
- **Entry Level:** All levels with understanding of expectations

**PRECISION CYCLE:**
- **Format:** A training system of drill based cycle efforts to improve all energy pathways. Focus on power output to increase speed, strength, and leg power. Mechanics of pedal stroke, breathing and technique to support safe adaptations.
- **Levels:** All fitness levels welcome

**ABC CYCLE**:
(Absolute Basics Class)
- **Format:** Learn proper bike set up, mechanics, and energy training 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

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

**DEEP WATER AQUA - 45 mins.**
- **Format:** Self paced intervals in deep water to improve your fitness. Cardio and strength based.
- **Level:** Fitness based recommended, but adaptable to all levels.

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**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!
- **Entry level:** Good for 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.
- **Entry level:** Good for all fitness levels.

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**YOGILATES:**
This class combines the best parts of two classes. Yoga poses combine with the core work of Pilates to create a great workout.
- **Level:** Good for all fitness levels

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**MindBody**

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**Cycle**

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

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Aqua