Freedom Aquatic & Fitness Center – Group Exercise

Effective 7-6-20

KEY	STUDIO	GYM	AQUA	ONLINE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:15 a.m.		AQUA FIT Kim		AQUA FIT Kim			
9:15 a.m.		BODYPUMP Kerri	BODY LAB Melissa R.	BODYPUMP Julie	BODYCOMBAT Amber		BODYPUMP Jo
		SPIN® Julie	YOGA Elena	SPIN® Melanie	PILATES Niki	SPIN® Melissa R.	SPIN® Nils
9:30 a.m.							
10:30 a.m.		H.I.I.T. Kerri	BODYCOMBAT Amber		POWER SCULPT Zeynep	H.I.I.T. REMIX Zeynep	H.I.I.T. Jo
		YOGA Tammy	PILATES Niki	YOGA Tammy	YOGA Acacia	YOGA Gayle	YOGA Tammy/Gayle
		SMART MOVES (Zoom) Melissa R.					
AFTERNOON / EVENING							
3:00 p.m.					CHAIR YOGA (Facebook) Tammy		
4:15 p.m.			■ ZUMBA Gabby	BODYPUMP Beth			
5:15 p.m.		BODYCOMBAT Melissa L.	BODYPUMP Robin		ZUMBA Robin		
		SPIN® Robin	POWER YOGA Mimi	YOGILATES Kathleen	POWER YOGA Liz		
5:30 p.m.						HAPPY HOUR YOGA (Facebook) Acacia	
6:30 p.m.		ZUMBA Alternating Instructors	H.I.I.T. Ronald	BOOTCAMP Nils	BODYPUMP Melanie		
		YOGA Acacia		SPIN® Janel	SPIN® Beth		

Classes may be held outdoors, weather permitting.

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

● 30 minutes ■ 45 minutes ▲ 75 minutes ◆ 90 minutes

PLEASE NOTE
FOR ALL CLASSES:

- **REGISTRATION REQUIRED for all classes.** Register online or by phone – no passes distributed. *(Please do not leave a voicemail messsage as no email or voicemail registrations are accepted.)*
- **MEMBERS ONLY** – no daily admission guests for classes.
- All classes maximum of 20 participants – EXCEPT AQUA – maximum of 12 particpants in Aqua classes.
- Registration can be done 24 hours in advance, and up to 30 minutes prior to class.
- We ask that members select only one class, not back to back, due to limited availability.
- No shows or cancellations will be monitored weekly, and members will be sent notices if this occurs often.
- Masks and social distancing are required upon class entry and exit transitions.
- Classes may be held outdoors, weather permitting.
- Yoga Classes: Bring your own mats and props.

Remember!
Locker Rooms are NOT available at this time.

www.freedom-center.com

Phone: 703-993-8444 • Fax: 703-993-8478 • Freedomc@gmu.edu • 9100 Freedom Center Boulevard, Manassas, VA 20110