

Freedom Aquatic & Fitness Center - Group Exercise Effective 11-21-22



| 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. | | | | | | | | ▲ ULTIMATE SPIN® Nils |
| 8:30 a.m. | | | ■ SMART MOVES Melissa R. | | | BODYPUMP Julie | | GRIT Helen |
| | | | | RPM Melanie | | | | |
| | | | HATHA YOGA Acacia | | REJUVENATE CHAIR FITNESS Acacia/Jason | ■ 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 | STEP Amber | BODYPUMP Helen | ★ See the website for the SATURDAY FEATURED CLASSES that will be held. |
| | SPIN® Jo | SPIN® Julie | | | ● SPIN® BASICS Acacia/Amy | SPIN® Julie | | |
| | | CHAIR YOGA Tammy | RESTORATIVE MEDITATION YOGA Acacia | HATHA YOGA Tammy | PILATES Niki | BARRE Lendys | | |
| | | | DEEP WATER Cherie | DEEP WATER Kim | AQUA FIT Cherie | AQUA FIT Kelly E. | | |
| 10:00 a.m. | | | RPM Kelly | | | | | |
| 10:30 a.m. | | ASANA BLAST Jason | CORE BARRE Niki | POWER FLOW Lendys | AXIS:BODY Amber | Z DANCEFITNESS Lendys | BOSU BODY BLAST Jo/Kelly | |
| | | HATHA YOGA Tammy | | | GENTLE YOGA Karen | GENTLE YOGA Debbie | VINYASA YOGA Elena | |
| | | WARM WATER Debbie | WARM WATER Debbie | WARM WATER Cherie | | WARM WATER Kelly E. | | |
| 11:00 a.m. | | | ● YOGA STRETCH Kelly | | | | | |
| 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 | | | Instructors and Class Format are subject to change when substitutions are needed. |
| | | RPM Robin | ● SURGE! 30 Carlos | SPIN® Helen / Nils | | | | |
| | | | INTERMEDIATE YOGA Jason | | | | | |
| 6:00 p.m. | Class starts at 6:05 | DEEP WATER Deitra | | AQUA ZUMBA Emily | DEEP WATER Deitra | | | ● 30 minutes ■ 45 minutes ▲ 75 minutes ◆ 90 minutes |
| 6:30 p.m. | | DANCE RHYTHMS Alternating Instructors | KETTLEBELL XTREME Amber | BOOTCAMP Nils | BODYPUMP Melanie | | | |
| | | HATHA YOGA Acacia | BEGINNER YOGA Jason | RESTORATIVE YIN YOGA Debbie | | | | |
| | | WARRIOR FIIT Amber & Helen | Class held on the fitness floor landing. | | | | | |

PLEASE NOTE FOR ALL CLASSES:

- Registration process will remain in place for Spin and Mind/Body classes ONLY.
- Members are able to make reservations 48 hours in advance.
- Daily admission account holders can register 23 hours in advance, non members 1 hour in advance
- Classes may be held outdoors, weather permitting.
- Yoga Classes: Bring your own mats and props.
- Registration can be made on our website or through front desk.

www.freedom-center.com

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STUDIO/GYM

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| <p>ASANA BLAST</p> <ul style="list-style-type: none"> ● Format: Blends yoga flows with bodyweight exercises and cardio bursts for a full-body, high intensity workout followed by a relaxing cool down stretch and meditation." ● Level: Fitness base recommended | <p>BOSU BODY BLAST</p> <ul style="list-style-type: none"> ● Format: BOSU means Both 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>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>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>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>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>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>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>BODY LAB:</p> <ul style="list-style-type: none"> ● Format: Functional total body strength training with weights, bosu, gliders to create efficient movement in all planes. No cardio. ● Level: Moderate to advanced | <p>CORE BARRE</p> <ul style="list-style-type: none"> ● Format: Focus on precision and technique to avoid injury. Pilates, stretching, toning, and core conditioning. The goal is to create strength, flexibility, and a balanced body for the participant through low impact, functional exercises. ● Level: All fitness levels | <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>STEP</p> <ul style="list-style-type: none"> ● Format: Traditional Step is BACK!! Push your cardio into high gear and attack the legs in every plane of motion! Music-driven choreography keeps your mind and your muscles working hard! Modifications available for all fitness levels! ● Level: All fitness levels ● Level: All fitness levels | |
| <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>DANCE RHYTHMS</p> <ul style="list-style-type: none"> ● Format: Specific classes formatted with Hip Hop, Latin and Afrobeats ● Level: All fitness levels | <p>KETTLEBELL XTREME</p> <ul style="list-style-type: none"> ● Format: KBX utilizes functional movements to provide an intense full-body workout. Learn to swing, press, snatch, squat, windmill, and jerk all while stabilizing the core and posterior chain. Increases strength and endurance, improves cardio fitness, mobility, and balance. Can be modified to challenge moderate to advanced fitness levels by using various sizes of Kettlebells. ● Level: Intermediate to advanced | <p>Z DANCE FITNESS: 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 | |
| <p>WARRIOR FIT</p> <ul style="list-style-type: none"> ● Format: Functional strength conditioning, Intense Intervals, and circuit Training geared towards total body fitness. Through Warrior FIT, participants will have the opportunity to join the Freedom Warrior FIT Team to participate in obstacle course races* throughout the year. *Races are completely optional. Members need not join any races to participate in the class. ● Level: Fitness base required - intermediate to advanced | | | | |

MINDBODY

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| <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>breathing, stretching and strengthening, to create a total body experience</p> <ul style="list-style-type: none"> ● Level: All fitness levels | <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>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>GENTLE YOGA</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>INTRO TO YOGA: Beginner Series</p> <ul style="list-style-type: none"> ● Format: Students get focused guidance and attention in a small group environment. Learn the most common yoga poses, flows, transitions, proper alignment, breath and safety. Modifications and pose variations will be presented, as well as an intro packet for participants first class. ● 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>VINYASA 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>HATHA YOGA: Unites mind, body and spirit</p> <ul style="list-style-type: none"> ● Format: Sequences of yoga poses with focus on | <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>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>YOGA STRETCH</p> <ul style="list-style-type: none"> ● Format: Gentle purposeful yoga stretches that will teach to engage the core for a strong foundation of movement ● Level: All fitness levels |

SPIN

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| <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>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 | <p>SURGE! 30</p> <ul style="list-style-type: none"> ● Format: New 30 minute cycling HIIT format that uses scientific research based intervals to increase aerobic and anaerobic training capacity and improve performance. Guaranteed hard core! ● Level: Advanced | <p>ULTIMATE SPIN - 75 MINUTES</p> <ul style="list-style-type: none"> ● Format: True cycling enthusiasts! Test your mental discipline and physical boundaries with this 75-minute non-stop powerful ride. Ride to best of your ability-accept the challenge and succeed. ● Level: Advanced |
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AQUA

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| <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 MATYOGA:</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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