

# Freedom Aquatic & Fitness Center - Group Exercise Effective 4-5-21



KEY	STUDIO	GYM	AQUA	COMMUNITY ROOM	ONLINE			
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
5:45 a.m.			SPIN® Kathleen		SPIN® Kathleen			
8:10 a.m.		AQUA FIT Kim		AQUA FIT Kim				
8:15 a.m.						BODYPUMP Julie	GRIT Helen	
9:10 a.m.			DEEP WATER Cherie	DEEP WATER Kim	AQUA FIT Cherie			
9:15 a.m.		BODYPUMP Kerri	BODY LAB Melissa R.	BODYPUMP Julie	BODYCOMBAT Amber			
					PILATES Niki			
9:30 a.m.		SPIN® Julie		YOGA (Facebook) Acacia		SPORT Amber	BODYPUMP Helen	
					RESTORATIVE MEDITATION YOGA Acacia	SPIN® Julie		
10:30 a.m.		YOGA Tammy	PILATES Niki	YOGA Tammy	BODY LAB Melissa R.	YOGA Debbie	ZUMBA Patty	
		SMART MOVES (Zoom) Melissa R.						
<b>AFTERNOON / EVENING</b>								
3:00 p.m.					CHAIR YOGA (Facebook) Tammy			
4:15 p.m.		BODYPUMP Beth	ZUMBA Gabby					
4:30 p.m.				BODYPUMP Beth	ZUMBA Robin			
5:30 p.m.		BODYCOMBAT Melissa L.	BODYPUMP Robin	ZUMBA Robin & Carlos	GRIT Carlos			
		SPIN® Robin	SPIN® Carlos	SPIN® Janel	SPIN® Beth			
						HAPPY HOUR YOGA (Facebook) Acacia		
6:00 p.m.				AQUA ZUMBA Emily	DEEP WATER Deitra			
6:30 p.m.		YOGA Acacia	GRIT Sandrelle	BOOTCAMP Nils	BODYPUMP Melanie			
				RESTORATIVE YIN YOGA Debbie				
7:00 p.m.		ZUMBA (Zoom) Zo	Contact <a href="mailto:Freedomc@gmu.edu">Freedomc@gmu.edu</a> for ZOOM ID prior to class each week. Note: ID will change weekly!					

See the website for weekly **FEATURED CLASSES.**

starts April 16!

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

- 30 minutes
- 45 minutes
- ▲ 75 minutes
- ◆ 90 minutes

Classes may be held outdoors, weather permitting.

## PLEASE NOTE FOR ALL CLASSES:

### Remember!

Locker Rooms are NOT available at this time.

- **REGISTRATION REQUIRED for all classes.** CLASS SCHEDULE MAY CHANGE MONTHLY. Register online or by phone - no passes distributed. (Please do not leave a voicemail message as no email or voicemail registrations are accepted.)
- Class Capacity: SPIN (Gym)-20, Studio-25, Aqua (Pool)-15, Community Room-15. Due to limited capacity, cancellations must be done a minimum of 2 hours prior to class time.

- Registration can be done 24 hours in advance, and up to 30 minutes prior to class.
- Walk-ins welcome if space permits.
- Masks required at all times, including during classes along with social distancing.
- Classes may be held outdoors, weather permitting.
- Yoga Classes: Bring your own mats and props.

[www.freedom-center.com](http://www.freedom-center.com)

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

## STUDIO/GYM

### BARRE BASICS:

#### Fusion of traditional ballet, pilates

- Format: Proportional toning at the barre to a lean physique without added bulk—stronger abs and back muscles, a lifted derrière, flexibility and posture awareness.
- Level: All fitness levels

### BODY LAB:

- Format: Functional total body strength training with weights, bosus, gliders to create efficient movement in all planes. No cardio.
- Level: Moderate to advanced

### BOOTCAMP: Drill based exercises

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

### H.I.I.T.: 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

### LESMILLS BODYCOMBAT™:

#### Cardio mixed martial arts

- Format: Inspired by martial arts, highly energetic, choreographed to powerful music
- Level: Intermediate to advanced

### LESMILLS BODYPUMP™:

#### Total body resistance training

- Format: 60 minute workout challenging all major muscle groups using the best strength exercises with smart bar system.
- Level: All fitness levels

### LESMILLS BODYPUMP™ TECHNIQUE:

- Format: 30-minute step-by-step to execute proper form and mechanics of the classic Bodypump exercises.
- Level: Beginners and those who want to improve technique.

### LESMILLS GRIT:

- 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

### POWER SCULPT:

- Format: Cardio and weight toning circuits to tone and shred!
- Level: Moderate to advanced fitness level

### SPORT:

- Format: Tackle every plane of motion with loaded cardio, strength & bodyweight layered execution using a step, bodyweight, and strength equipment.
- Level: Moderate to advanced fitness level

### SPORT STEP:

- Format: Functional, athletic training on the step. Simple uncomplicated choreography to music for strength, endurance, cardio and balance providing a full-body workout. Bodyweight, and dumbbells.
- Level: All fitness levels

### YOGA SCULPT

- Format: Fusion of Yoga based movement and light weights to tone & sculpt the body
- Level: Moderate to advanced

### ZUMBA®:

#### Latin inspired cardio dance party

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

## MINDBODY

### ASHTANGA YOGA:

- Format: A traditional series of poses performed in the same order, combining strength, flexibility and stamina.
- Level: Yoga base recommended

### FOUNDATION YOGA:

- Format: This gentle approach teaches foundation poses, variations, proper alignment, use of breath for movement, props for support, and body support to prevent injury.
- Level: Beginners and those who want to improve

### 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.

### 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:

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

### RESTORATIVE YOGA:

- Format: Restores and maintains natural mobility of joints by holding poses for a longer duration
- Level: All fitness levels

### RESTORATIVE YIN YOGA:

- Format: Meditative practice to stretch, improve joint mobility and release tension in body & mind. Please bring your own blanket & mat.
- Level: All fitness levels

### RESTORATIVE MEDITATION YOGA:

- 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

### SMART MOVES: 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: 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

### VINYASA FLOW YOGA:

- Unites mind, body and spirit
- Format: A flowing style linking breath and movement through a creative series of postures, balancing strength and flexibility while cultivating mindfulness through a continuous flow
- Level: All fitness levels

### YIN RELAXATION YOGA:

- Format: Relax and rejuvenate with these longer duration poses as you melt away stress at the end of the day.
- 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

### 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

## SPIN

### LESMILLS RPM™:

#### Ride to the beat of highly energetic music

- 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

### BIKE BOOTCAMP:

#### Focus on cycling and strength intervals

- Format: Circuit-based high intensity training with intervals of cycling and strength on/off the bike.
- Level: Intermediate to advanced

## 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 FIT:

#### Shallow pool, low impact strength and cardio incorporating aqua equipment. (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 MAT YOGA:

- Format: Breaking waves on floating yoga mats to incorporate challenging balance, core strength and yoga postures
- 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