

Summer 2010

	SUN.	MON.	TUES.	WED.	THUR.	FRI.	SAT.
5:45 a.m.		Spin 2®		Spin 2®		Spin 2®	
8:30 a.m.			Spin 1®				Spin Xtra®
9:30 a.m.	Spin Xtra®	Spin 2®	Spin Xtra®	Spin 2®	Spin Xtra®	Spin 2®	Spin 2®
10:30 a.m.		Spin 1®		Spin 2®		Spin 2®	
11:30 a.m.	Spin 1®		Spin 2®		Spin 2®		
12:30 p.m.		Spin ® & Sculpt		Spin ® & Core		Spin ® & Stretch	
5:30 p.m.		Spin 2®	Spin 1®	Spin 2®	Spin 2®		
6:30 p.m.		Spin 2®	Spin 2®	Spin 1®	Spin 1®		
7:30 p.m.		Spin 1®					passes required for Spin
7:30 a.m.		Warm Water Workout		Warm Water Workout			
8:30 a.m.		Aqua Fit		Aqua Fit		Aqua Fit	
9:30 a.m.		Aqua Fit	Aqua Fit	Aqua Fit	Aqua Fit	Aqua Fit	Aqua Fit
10:30 a.m.		Deep Water	Deep Water	Deep Water	Deep Water	Deep Water	Deep Water
12:05 p.m.		Warm Water Workout		Warm Water Workout		Warm Water Workout	
6:30 p.m.		Aqua Fit	6:00-6:45 Deep Water	Aqua Boot Camp	6:00-6:45 Deep Water	classes may start 5	
9:00 a.m.			8:30 am ●Smart Moves		8:30 am ●Smart Moves		
9:30 a.m.		Yogilates	Pilates	Yoga	▲Yoga II	Yogilates	
10:30 a.m.	Yogilates	Pilates	Yoga	Pilates		Gentle Yoga	218
11:30 a.m.		●Stretch	●Smart Moves	●Yoga Stretch	●Smart Moves	●Yoga Stretch	
12:30 p.m.			Gentle Yoga		Gentle Yoga		
5:30 p.m.		Pilates	Yoga	Yoga			passes required for 218 classes bring your own yoga
6:30 p.m.			Pilates	Pilates	Yoga		

It is our policy to avoid cancelling classes. For this reason, we may have to change the format of a class to keep it running in the event that a particular instructor can not be

Studio Fitness Classes

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	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 a.m.		●Sculpt	Boot Camp	●Sculpt	Boot Camp		
8:30 a.m.		●Boot Camp	●Sculpt	●Boot Camp	●Sculpt	●Boot Camp	●Cardio Mix
9:15 a.m.		◆Ab Attack!	◆Ab Attack!	◆Ab Attack!	◆Ab Attack!	◆Ab Attack!	◆Ab Attack!
9:30 a.m.	Cardio Mix	Step n' Sculpt	Step Interval	Power Sculpt	Step n' Sculpt	H.I.T.	Power Sculpt
10:30 a.m.	Power Sculpt	Yoga	Power Sculpt	Kick Boxing	Power Sculpt	Yoga Sculpt	Yogilates
11:30 a.m.		●Cardio Sculpt	●Kick Boxing	●Cardio Sculpt	●Zumba	Cardio Boxing	●Cardio Sculpt
12:15 p.m.		●Pilates Sculpt	●Cardio Sculpt		●Sculpt		Zumba
4:30 p.m.		✓Abs & Glutes	Zumba	✓Abs & Glutes	Zumba		
5:00 p.m.		●Sculpt		●H.I.T			
5:45 p.m.		●Retro High/Low	●5:30 H.I.T.	●Cardio Sculpt	●5:30 Sculpt		703-993-8444 www.freedom-
6:30 p.m.		Yoga	●6:15 Kick Boxing	Boot Camp	●6:15 H.I.T	Zumba	
7:30 p.m.		Zumba	●7:00 Power Step	Zumba	7:00 Power Sculpt		
			●7:45 Zumba		●7:45 Zumba		

classes may start 5 minutes past the advertised start time

◆15 minute ✓30 minute ●45 minute

Classes not maintaining 15 or more in the studio and comp. pool or 8 in Spin, 218 and the leisure pool are subject to change or cancellation.