

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		CHAIR YOGA Jason	■ SMART MOVES Acacia/Tammy	
9:30 a.m.		AQUA FIT Kim		AQUA FIT Kim	DEEP WATER Cherie		
	BODYCOMBAT Sandrella/Claudia/Amber	BODYPUMP Robin	BODY LAB Melissa R.	BODYPUMP Julie	BODYCOMBAT Amber	STEP Amber	BODYPUMP Helen
	SPIN® Jo	SPIN® Julie			● SPIN® BASICS Acacia/Amy	SPIN® Julie	
10:00 a.m.							
		CHAIR YOGA Tammy	RESTORATIVE MEDITATION YOGA Acacia	HATHA YOGA Tammy	PILATES Niki	BARRE Lendys	
		DEEP WATER Debbie	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 YOGILATES Lendys	AXIS:BODY Amber	Z DANCEFITNESS Lendys	BOSU BODY BLAST Jo/Kelly
		HATHA YOGA Tammy		RESTORATIVE MEDITATION 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				
11:30 a.m.				ZUMBA Lendys			
AFTERNOON / EVENING							
4:30 p.m.		BODYPUMP Beth	Z DANCEFITNESS Carlos	BODYPUMP Beth	Z DANCEFITNESS Robin / Carlos	BODYPUMP Helen	Instructors and Class Format are subject to change when substitutions are needed. ● 30 minutes ■ 45 minutes ▲ 75 minutes ◆ 90 minutes
5:30 p.m.		BODYCOMBAT Melissa L.	BODYPUMP Robin	■ CORE Sandrella	GRIT Carlos / Claudia		
	Class starts at 6:05	RPM Robin	● SURGE! 30 Carlos	SPIN® Helen / Nils		FLOW & RESTORE YOGA Jason	
6:00 p.m.		DEEP WATER Deitra		AQUA ZUMBA Emily	DEEP WATER Deitra		
6:30 p.m.			KETTLEBELL XTREME Amber	BOOTCAMP Nils	BODYPUMP Melanie	* Check the website for any WEEKLY FEATURED CLASSES!	
		HATHA YOGA Acacia	BEGINNERS YOGA Jason	RESTORATIVE YIN YOGA Debbie	MEDITATION Patricia		
		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.

Group Exercise Class Descriptions

All classes included with Daily Admission or Membership.

STUDIO/GYM

ASANA BLAST

- **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

AXIS:BODY

- **Format:** Focus on endurance-based strength using dumbbells, high repetitions/low weights. No cardio, plyo or steps.
- **Level:** Fitness base recommended/ modification presented.

BODY LAB:

- **Format:** Functional total body strength training with weights, bosu, gliders to create efficient movement in all planes. No cardio.
 - **Level:** Moderate to advanced
- **Format:** Stations and/or circuits of calisthenics, cardio, strength, speed & agility
 - **Level:** Intermediate to advanced

BOSU BODY BLAST

- **Format:** BOSU means **BO**th **S**ides **U**talized. 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

CORE

- **Format:** Class focuses on core strength, posture, stability and power through functional movement.
- **Level:** All fitness levels

CORE BARRE

- **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

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

LES MILLS 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

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

KETTLEBELL XTREME

- **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

POWER YOGILATES:

- **Format:** A fusion of power yoga, Pilates core movements, and toning.
- **Level:** All fitness levels

POWER HOUR

- **Format:** Full body spectrum training that includes cardio, strength, mobility, flexibility and core
- **Level:** Intermediate to advanced

STEP

- **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

Z DANCE FITNESS: Afrobeats, Latin, hip-hop inspired cardio dance party

- **Format:** Dance to rhythm of high energy music
- **Level:** All fitness levels

WARRIOR FIIT

- **Format:** Functional strength conditioning, Intense Intervals, and circuit Training geared towards total body fitness. Through Warrior FIIT, participants will have the opportunity to join the **Freedom Warrior FIIT 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

BEGINNERS YOGA: Beginner Series

- **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

CHAIR YOGA: Stretches and movements while sitting in a chair and some standing poses.

- **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

FLOW & RESTORE YOGA

- **Format:** The first half of class is a mixed-level vinyasa followed by restorative yoga. This blend of energizing flow and active relaxation will help you find balance and nourish your body, mind, and spirit! Please bring your own props such as blocks, blankets, and bolsters.
- **Level:** Good for all fitness levels.

GENTLE YOGA

- **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.

HATHA 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

MEDITATION

- **FORMAT:** Sitting or lying down, sound, focus and breath work, students visualize their way to health by tapping into their body-mind connection and using positive imagery to activate the body's self-rejuvenation. Weekly themes to reduce anxiety, regulate emotions, decrease blood pressure, and promote other health benefits.
- **LEVEL:** All fitness levels welcome

PILATES: Focused core and posture

- **Format:** Sequence of exercises to align posture, strengthen and stabilize core, and create balance
- **Level:** All fitness levels

REJUVENATE CHAIR FITNESS

- **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.

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

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

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

VINYASA YOGA

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

YOGA STRETCH

- **Format:** Gentle purposeful yoga stretches that will teach to engage the core for a strong foundation of movement
- **Level:** All fitness levels

SPIN

LES MILLS 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

SPIN® BASICS: Learn cycling basics

- **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

SURGE! 30

- **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

ULTIMATE SPIN - 75 MINUTES

- **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

AQUA

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

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