

KEY	STUDIO	SPINNING®			MIND/BODY - 218	AQUA	
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Early Morning		6:00AM POWER HOUR Kathleen	5:45AM SPIN® - Kathleen	6:00AM POWER HOUR Kathleen	5:45AM SPIN® - Kathleen		8:15AM ▲ ULTIMATE SPIN® Nils
8:30 a.m.		BODYCOMBAT Amber	■ SMART MOVES Melissa R.		RPM Melanie	BODYPUMP Julie	GRIT Helen
		SPIN® Julie		HATHA YOGA Acacia	CHAIR YOGA Tammy	CHAIR YOGA Jason	■ SMART MOVES Melissa R.
		AQUA FIT Kim		AQUA FIT Kim	DEEP WATER Cherie		
9:30 a.m.	BODYCOMBAT Sandrelle/Amber	BODYPUMP Robin	BODY LAB Melissa R.	BODYPUMP Julie	BODYCOMBAT Amber	STEP Amber	BODYPUMP Helen
	SPIN® Jo		RPM Kelly	● SPIN® BASICS Acacia	● SPIN® BASICS Acacia/Amy	SPIN® Julie	
		CHAIR YOGA Tammy	CORE BARRE Niki	HATHA YOGA Tammy	PILATES Niki	BARRE TONE Tricia	
10:30 a.m.		VINYASA YOGA Jason	■ CORE YOGA STRETCH - Kelly	POWER YOGA Elena	AXIS:BODY Amber	H.I.I.T Kelly	
		HATHA YOGA Tammy		RESTORATIVE MEDITATION YOGA Acacia	GENTLE YOGA Karen	GENTLE YOGA Elena	VINYASA YOGA Elena
		WARM WATER Debbie	WARM WATER Debbie	AQUA COMBAT! Cherie		AQUA COMBAT! Debbie	
11:30 a.m.				ZUMBA - Andrea			
				WARM WATER Cherie		WARM WATER Kelly E.	
AFTERNOON / EVENING							
4:30 p.m.		BODYPUMP Beth/Carlos	Z DANCEFITNESS Carlos	BODYPUMP Beth	Z DANCEFITNESS Robin / Carlos	BODYPUMP Helen	
5:30 p.m.		BODYCOMBAT Melissa L.	BODYPUMP Robin	■ CORE Sandrelle	● GRIT ● IRON YOGA Carlos		
		WORLD EDM SPIN Robin	● SURGE! 30 Carlos	SPIN® Helen / Nils			
6:00 p.m.		POWER YOGA Carlos	INTERMEDIATE YOGA Jason	POWER YOGA Carlos		FLOW & RESTORE YOGA Jason	
	Class starts at 6:05	AQUA FIT Deitra		AQUA ZUMBA Emily	DEEP WATER Deitra		
		Z DANCEFITNESS Zo	KETTLEBELL XTREME - Amber	BOOTCAMP Nils	BODYPUMP Melanie		
6:30 p.m.		HATHA YOGA Acacia	BEGINNERS YOGA Jason	RESTORATIVE YIN YOGA Debbie			
		WARRIOR FIIT Amber	← Class held on the fitness floor landing.				
7:00 p.m.					MEDITATION Patricia		

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

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

FEATURED CLASSES!

IRON YOGA
10:30 am
1st Sunday of each month
Carlos

SOUND THERAPY
7:00 pm - 1st Thurs of each month
(this is in place of the normal Meditation class)
Patricia

AQUA MAT YOGA
10:30 am - 1st & 3rd Thurs of each month
Debbie

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.

STUDIO/GYM

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.

BODYLAB:

- **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

CORE

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

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

FLOOR TO CORE

- **Format:** Develop muscles, and movement patterns to get down to the floor and back up again. In working with all capabilities to create new ways of getting up and down more efficiently. Use of props such as, but not limited to; chair, blocks straps, mats.
- **Level:** Good for all fitness levels.

IRON YOGA

- **Format:** Unique class designed for weight lifters, athletes and those looking to combine strength building principles with the flexibility and mindfulness of Yoga. Gain mental focus, strength and synergy between body & mind.
 - **Level:** Fitness base recommended/modification presented.
- 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 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 DANCEFITNESS: Afrobeats, Latin, hip-hop inspired cardio dance party

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

MINDBODY

BEGINNERS YOGA: Beginner Series

- **Format:** Students get focused guidance and attention in a small group environment. Learn common yoga poses, flows, transitions, proper alignment, breath and safety. Modifications and variations 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. A blend of energizing flow and active relaxation to help find balance and nourish body, mind, and spirit! Please bring your own props such as blocks, blankets, and bolsters.
- **Level:** Good for all fitness levels.

GENTLE YOGA

- **Format:** For beginners or those who want a less strenuous practice. Modified poses focus on breathing, stretching and strengthening.
- **Level:** Good for all fitness levels. 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

POWER YOGA

- **Format:** A fast-paced yoga to build strength and flexibility.
- **Level:** Yoga base recommended

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

SOUND THERAPY

- **Format:** Uses sound, music and specialist instruments played in therapeutic ways, combined with deep self-reflection techniques to improve health and wellbeing.
- **Level:** All fitness levels

VINYASA YOGA

- **Format:** Fitness based vinyasa style yoga with emphasis on strength and flexibility. 75 mins.
- **Level:** Yoga base recommended

YOGA STRETCH

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

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

WORLD EDM SPIN: Rhythmic World music that takes cycling class away from extrinsic motivation to intrinsic driving power.

- **Format:** Classes are periodized for Mind/Body Endurance, Inner Strength, Interval, and Power classes. Each class 1x per month in consecutive order. Experience a break away from routine.
- **Level:** All fitness levels

AQUA

AQUA COMBAT: Comp pool

- **Format:** You will strike and kick like an MMA Pro. Gain muscular strength, endurance and coordination through water resistance training and choreographed mixed martial arts inspired movements.
- **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 MATYOGA:

- **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