

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
			8:00AM ● FLOOR TO CORE Melissa R.				
			■ SMART MOVES Melissa R.			■ SMART MOVES Melissa R.	GRIT Helen
8:30 a.m.		SPIN® Julie		RPM Melanie		SPIN® Julie	
				CHAIR YOGA Tammy	CHAIR YOGA Jason		
		AQUA FIT Kim		AQUA FIT Kim	DEEP WATER Cherie		
	BODYCOMBAT Sandrelle/Amber/Melissa L.	BODYPUMP Robin	BODY LAB Melissa R.	BODYPUMP Julie	BODYCOMBAT Amber	BODYPUMP Julie	BODYPUMP Helen
9:30 a.m.	SPIN® Jo		RPM Kelly		● SPIN® BASICS alternating instructors		
		CHAIR YOGA Tammy	CORE BARRE Niki	HATHA YOGA Tammy	PILATES Niki	BARRE TONE Tricia	
		DEEP WATER Debbie	DEEP WATER Cherie	DEEP WATER Kim	AQUA FIT Cherie	DEEP WATER Debbie	
	● UPPER BODY TONING Jo	VINYASA YOGA Jason	ZUMBA Andrea	POWER STEP FUSION Amber	FUNCTIONAL POWER Amber	H.I.I.T Kelly	
10:30 a.m.		HATHA YOGA Tammy	■ CORE YOGA STRETCH - Kelly no registration required	FLOW & RESTORE YOGA Elena	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.				WARM WATER Cherie		WARM WATER Kelly E.	
<b>AFTERNOON / EVENING</b>							
4:30 p.m.		BODYPUMP Beth/Carlos	Z DANCEFITNESS Carlos	BODYPUMP Beth	Z DANCEFITNESS Robin / Carlos	BODYPUMP Helen	
		BODYCOMBAT Melissa L.	BODYPUMP Robin	■ CORE Sandrelle	● GRIT ● IRON YOGA Carlos		
5:30 p.m.		WORLD EDM SPIN Robin	● SURGE! 30 Carlos	SPIN® Helen / Nils			
		YOGA (w/restorative time) Carlos	INTERMEDIATE YOGA Jason	PILATES TONE & BALANCE Tricia	◆ YOGA + RELAXATION Oksana	FLOW & RESTORE YOGA Jason	
6:00 p.m.	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.			BEGINNERS YOGA Jason	RESTORATIVE YIN YOGA Debbie			
		WARRIOR FIIT Amber	← Class held on the fitness floor landing.				

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

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

## FEATURED CLASSES!

**BARRE**  
10:30 am  
1st & 3rd Saturday of each month  
Lendys

**ZUMBA**  
11:30 am  
1st & 3rd Saturday of each month  
Lendys

**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

### FUNCTIONAL POWER

- **Format:** Combining the principles of Strength Training with the dynamic movements inspired by functional motion. A series of exercises designed to mimic the fluidity and precision of functional movement while enhancing strength & power.
- **Level:** Fitness base recommended/ modification presented.

### 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

### 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

### 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.

### 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

### POWER STEP FUSION

- **Format:** Merge the intensity of athletic cardio with targeted strength training. Sculpt & strengthen legs in every plane of motion while incorporating weights to enhance upper body & core strength. Modifications available.
- **Level:** Fitness base recommended

### UPPER BODY TONING

- **Format:** 30 minute class focusing on upper body, compliments post Spin workout for lower body & cardiovascular health.
- **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 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

### IRON YOGA FUSION

- **Format:** A mixture of strength work with different props and asanas with a focus on stretching and flexibility and balance. Tailored class suitable for individuals engaging in various physical activities, including weightlifting, athletics, and those seeking to integrate strength-building principles with the flexibility and mindfulness of Yoga.
- **Level:** Yoga base recommended

### PILATES: Focused core and posture

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

### PILATES TONE & BALANCE

- **Format:** A blend of Barre balance & tone and Pilates using rings, gliders and resistance ball. Breath awareness and core strength will tie this energetic class with a twist!
- **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 + RELAXATION

- **Format:** 90 minute class, first hour basic Yoga, followed by 30 minutes relaxation. Option to stay for both or select either. "Our bodies work in 90minute cycles regarding energy and the yoga class emulates the model. "The human body is hard-wired to pulse. To operate at our best, we need to renew our energy at 90-minute intervals—not just physically, but also mentally and emotionally."
- **Level:** All fitness levels

### YOGA STRETCH

- **Format:** Gentle 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

### 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 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