

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		
			8:00AM ● FLOOR TO CORE Melissa R.			8:00AM ● FLOOR TO CORE Melissa R.	8:15AM ▲ ULTIMATE SPIN® Nils
			■ 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 Debbie		
9:30 a.m.	BODYCOMBAT Sandrelle/Amber/Melissa L.	BODYPUMP Robin	BODY LAB Melissa R.	BODYPUMP Julie	BODYCOMBAT Amber	BODYPUMP Julie	BODYPUMP Helen
	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	AQUA ZUMBA Robin	DEEP WATER Kim	AQUA FIT Debbie	DEEP WATER Debbie	
10:30 a.m.	● UPPER BODY TONING Jo	VINYASA YOGA Jason	ZUMBA Andrea	■ AB FUSION 45 Amber	FUNCTIONAL POWER Amber	H.I.I.T Kelly	ZUMBA Lendys/Jenny
		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 Dee	AQUA COMBAT! Trish		AQUA COMBAT! Debbie	
11:30 a.m.				WARM WATER Trish		WARM WATER Kelly E.	
<b>AFTERNOON / EVENING</b>							
4:30 p.m.		BODYPUMP Beth/Carlos	DANCE FITNESS Carlos	BODYPUMP Beth	DANCE FITNESS Robin / Patty	BODYPUMP Helen	
				LES MILLS PILATES Kathy			
5:30 p.m.		BODYCOMBAT Melissa L.	BODYPUMP Robin	■ CORE Sandrelle	● GRIT ● SHAPES Carlos		
		WORLD EDM SPIN Robin	● SURGE! 30 Carlos	SPIN® Helen / Nils			
		YOGA (w/restorative time) Carlos	INTERMEDIATE YOGA Jason	GENTLE YOGA Kathy	◆ 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		
6:30 p.m.	<b>Note!</b> Les Mills Pilates class starts on Oct 7	LES MILLS PILATES Melissa L.	KETTLEBELL XTREME Amber	BOOTCAMP Nils	BODYPUMP Melanie		
			BEGINNERS YOGA Jason	RESTORATIVE YIN YOGA Debbie			
		WARRIOR FIIT Amber	← Class held on the fitness floor landing.				
7:30 p.m.				ZUMBA Zo			

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

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

**FEATURED CLASSES!**

**11:30 BARRE** w/Lendys  
1st & 3rd Saturday of each month

**10:30 AQUA MAT YOGA** w/Kathy  
1st & 3rd Thurs of each month

**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

### AB FUSION 45

- **Format:** 45-minute intense core work focused on sculpting and strengthening your abs. 45-second intervals to target your midsection with bodyweight, weights, kettlebells, and bands, maximizing intensity and challenging your glutes, back, and shoulders. Modifications provided.
- **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

### 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

### DANCEFITNESS: Afrobeats, Latin, hip-hop inspired cardio dance party

- **Format:** Dance to rhythm of high energy music
- **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.

### 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.

### 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

### LES MILLS PILATES

- **Format:** A series of mind-body workouts to improve strength, mobility and happiness. Choreographed to music
- **Level:** All fitness levels

### LES MILLS SHAPES-

- **Format:** A full-body, targeted workout using small, controlled movements and repetition to isolate muscles, sculpting and strengthening all areas of the body. We find the hot spot and stay there for as long as possible to develop core strength and flexibility.
- **Level:** All fitness levels

### 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

### KETTLEBELLXTREME

- **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 BODYTONING

- **Format:** 30 minute class focusing on upper body, compliments post Spin workout for lower body & cardiovascular health.
- **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 gentle and accessible yet potent practice. Modified poses focus on breathing, stretching and strengthening. To unwind and reconnect, some classes will blend asana poses and breath focus with meditation.
- **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

### 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

### 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. 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

### 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 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