

KEY	STUDIO	SPINNING®		MIND/BODY - 218		AQUA	
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Early Morning		6:00AM POWER HOUR Kathleen	5:45AM ▲ SPIN® & CORE Kathleen	6:00AM POWER HOUR Kathleen	5:45AM ▲ SPIN® & CORE Kathleen		8:15AM ▲ ULTIMATE SPIN® Nils
			8:00AM ● FLOOR TO CORE Melissa R.			8:00AM ● FLOOR TO CORE Melissa R.	
8:30 a.m.		SPIN® Julie	■ SMART MOVES Melissa R.	RPM Melanie	CHAIR YOGA Tammy	CHAIR YOGA Jason	■ H.I.I.T CONDITIONING Kathleen
			RESTORATIVE YOGA Kathy	CHAIR YOGA Tammy	CHAIR YOGA Jason		
		AQUA FIT Kim		AQUA FIT Kim	AQUA FIT Amy M		
9:30 a.m.	BODYCOMBAT Sandrella/Amber/Melissa L.	BODYPUMP Robin	BODY LAB Melissa R.	BODYPUMP Julie	BODYCOMBAT Amber	BODYPUMP Julie	BODYPUMP Carlos
	SPIN® Jo		RPM Kelly		● SPIN® BASICS Amy M / Karla		
		CHAIR YOGA Tammy	CORE BARRE Niki	HATHA YOGA Tammy	PILATES Niki	BARRE TONE Tricia	
		DEEP WATER Dee	DEEP WATER Deitra	DEEP WATER Kim	DEEP WATER Debbie	DEEP WATER Debbie	
10:30 a.m.	● UPPER BODY TONING Jo	VINYASA YOGA Jason	ZUMBA Andrea	■ AB FUSION 45 Kelly	■ AB FUSION 45 Amber	H.I.I.T Kelly	ZUMBA Lendys/Jenny
		HATHA YOGA Tammy	■ MOBILITY FLOW Kelly	FLOW & RESTORE YOGA Elena	GENTLE YOGA Karen	GENTLE YOGA Elena	VINYASA YOGA Elena
		WARM WATER Debbie	WARM WATER Dee			AQUA COMBAT! Debbie	
11:30 a.m.				WARM WATER Trish	RESTORATIVE YOGA Kathy	WARM WATER Kelly E.	
AFTERNOON / EVENING							
4:30 p.m.		BODYPUMP Beth	CARDIO DANCE Carlos	BODYPUMP Beth	CARDIO DANCE Robin / Patty		
		BODYCOMBAT Melissa L.	BODYPUMP Robin	LOAD & EXPLODE Amber	● GRIT ● SHAPES Carlos		
5:30 p.m.		REV MATRIX Robin	● SURGE! 30 Carlos	SPIN® Nils / Amy D			
		YOGA Carlos	INTERMEDIATE YOGA Jason	YOGA SCULPT Oksana	◆ YOGA + RELAXATION Oksana	FLOW & RESTORE YOGA Jason	Last Fri of each month will be a Sound Immersion class
6:00 p.m.	Class starts at 6:05	AQUA FIT Deitra		AQUA ZUMBA Emily	DEEP WATER Deitra		
		LES MILLS PILATES Melissa L	KETTLEBELL XTREME Amber	BOOTCAMP Nils	BODYPUMP Melanie		
6:30 p.m.	Class held on the fitness floor landing.	WARRIOR FIIT Amber	BEGINNERS YOGA Jason	RESTORATIVE YIN YOGA Debbie			Instructors and Class Format are subject to change when substitutions are needed.
7:30 p.m.				ZUMBA Zo			<ul style="list-style-type: none"> ● 30 minutes ■ 45 minutes ▲ 75 minutes ◆ 90 minutes

FEATURED CLASSES!

9:30 BARRE w/Lendys
1st & 3rd Saturday of each month
Room 218

10:30 AQUA MAT YOGA w/Kathy
1st Thurs of each month

5:30 SOUND IMMERSION w/Jason
Last Fri of each month, the Flow & Restore Yoga
will be a Sound Immersion class
Room 218

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

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

BOOTCAMP:

- **Format:** Focusing on strength, balance, and teamwork through a series of engaging exercises and challenges individually, as a pair, or a small team. Bodyweight movements, resistance training, and balance drills are crafted to push your limits, and modifications will ensure everyone can fully participate fully. Get ready to strengthen not just your body, but camaraderie with teammates! No one is left behind!
- **Level:** Intermediate to advanced

CARDIO FITNESS: 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.

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

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

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

LOAD & EXPLODE

- **Format:** A dynamic strength class that builds raw power, balance, core stability, and explosive performance. Each superset combines heavy, controlled lifts to activate slow-twitch fibers with fast, explosive movements to fire up fast-twitch fibers, improving strength, stability, and speed. Modifications ensure a challenging workout for all fitness levels.
- **Level:** All fitness levels

POWER HOUR

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

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

UPPER BODY TONING

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

VINYASA YOGA

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

ZUMBA®

- **Format:** Dance to rhythm of Latin, Fusion & hip hop 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

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

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 practice. Modified poses focus on breathing, stretching and strengthening. 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

MOBILITY FLOW

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

RESTORATIVE YOGA:

- **Format:** Restores and maintains natural mobility of joints by holding poses for a longer duration
- **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

SOUND IMMERSION

- **Format:** Up to 20 minutes of gentle movement followed by a relaxing sound bath with various instruments including crystal singing bowls. Encourage to bring your own props to lay comfortably for duration of the sound bath.
- **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 SCULPT

- **Format:** Upbeat combination of traditional Yoga poses with light weights and vinyasa flow. Focuses on the cardiovascular system and strength building, to enhance intensity, while keeping traditional mind/body/breath benefits.
- **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

SPIN® & CORE:

- **Format:** 50 minutes of spinning, cool down and 15-20 minutes of core.
- **Level:** All fitness levels

SURGE! 30

- **Format:** 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

REV MATRIX:

- **Format:** Precise metabolic-conditioning drills focus with maximal anaerobic and aerobic intensity. Cardiovascular fitness base highly recommended.
- **Level:** Advanced

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 WATER: 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