Freedom Aquatic & Fitness Center – Group Exercise

Effective 11-16-26

KEY	STUDIO	SPINNING®	MIND/BODY - 218	AQUA	FEATURED CLASS

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Early Morning		6:00AM BODYPUMP™ *VIRTUAL*	6:00AM SPIN® Deitra	6:00AM TOTAL BODY CONDITIONING Dee Dee	6:00AM SPIN® Deitra	6:00AM PILATES (LES MILLS) Dee Dee	
			8:00AM ● FLOOR TO CORE Melissa R.			8:00AM ● FLOOR TO CORE Melissa R.	8:15AM ▲ ULTIMATE SPIN® Nils
8:30 a.m.			■ SMART MOVES Melissa R.			■ SMART MOVES Melissa R.	TACTICAL CONDITIONING Damien
		SPIN® Claudia		RPM™ (LES MILLS) Melanie		SPIN® Claudia	
				CHAIR YOGA Tammy	CHAIR YOGA Jason		
		AQUA FIT Kim		AQUA FIT Kim	AQUA FIT Amy M		
9:30 a.m.		BODYPUMP™ (LES MILLS) Anne-Marie	BODY LAB Melissa R.	BODYPUMP™ (LES MILLS) Alternating Instructors	CARDIO KICKBOX Kelly	BODYPUMP™ (LES MILLS) Melanie	BODYPUMP™ (LES MILLS) Carlos
	SPIN® Jo		RPM™ (LES MILLS) Kelly		● SPIN® BASICS Amy M / Karla		
		CHAIR YOGA Tammy	BARRE FUSION Niki	YOGA FLOW PILATES Tammy	PILATES Niki	BARRE FUSION Tricia	BARRE FUSION Lendys *1st & 3rd Saturday of each month*
		DEEP WATER Dee	DEEP WATER Deitra	DEEP WATER Kim	DEEP WATER Dale	DEEP WATER Debbie	
10:30 a.m.	● UPPER BODY TONING Jo	VINYASA YOGA Jason	● PREHAB STABILITY & STRENGTH Kelly	AB FUSION Kelly	● MOVEMENT METHOD/MOBILITY Kelly		ZUMBA Lendys/Jenny
		HATHA YOGA Tammy	RESTORATIVE YOGA Kathy	FLOW & RESTORE YOGA Elena	GENTLE YOGA Karen	GENTLE YOGA Elena	VINYASA YOGA Elena
		WARM WATER Debbie	WARM WATER Dee		WARM WATER Dale	AQUA COMBAT! Debbie	
11:30 a.m.				WARM WATER Trish		WARM WATER Shannon	

AFTERNOON / EVENING

4:30 p.m.		BODYPUMP™ (LES MILLS) Carlos	CARDIO DANCE Carlos	BODYPUMP™ (LES MILLS) Carlos	CARDIO DANCE Patty	BODYPUMP HEAVY™ (LES MILLS) Anne Marie	
5:30 p.m.		BODYCOMBAT™ (LES MILLS) Melissa L.	BODYPUMP™ (LES MILLS) Melissa L	ZUMBA Jenny	●GRIT™ (LES MILLS) ●IRON YOGA Carlos	CORE™ (LES MILLS) *VIRTUAL*	
		■ RPM™ (LES MILLS) Kelly	● SURGE! 30 Carlos	SPIN® Nils / Helen			
		VINYASA YOGA Carlos	INTERMEDIATE YOGA Jason	YOGA SCULPT Oksana	◆ YOGA + RELAXATION Oksana	FLOW & RESTORE YOGA Jason	
6:00 p.m.		AQUA COMBAT Debbie		AQUA ZUMBA Emily	DEEP WATER Deitra		
6:30 p.m.		WARRIOR FIIT Anna	KETTLEBELL XTREME Anna	BOOTCAMP Nils	POWERHOUSE PILATES Rebecca		
		LES MILLS PILATES Melissa L	BEGINNERS YOGA Jason	YIN YOGA Debbie			

Class held on the fitness floor landing.

First Tue of each month will be a Chair Yoga class

Last Fri of each month will be a Sound Immersion class

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

● 30 minutes
■ 45 minutes
▲ 75 minutes
◆ 90 minutes

Registration is in place for all Spin and Mind/Body classes and can be done on our website or through the front desk. Members 48 hours in advance, non-members 23 hours. Bring your own mats.

www.freedom-center.com • Phone: 703-993-8444 • Fax: 703-993-8478 • Freedomc@gmu.edu • 9100 Freedom Center Boulevard, Manassas, VA 20110

Group Exercise Class Descriptions

All classes included with Daily Admission or Membership.

AB FUSION 45 –
Intense. Focused. Core-Driven.
Target your entire core with 45-second high-intensity intervals using bodyweight, weights, kettlebells, and bands. This nonstop sculpting session hits abs, glutes, shoulders, and back for full-core strength and stability. ***Maximize intensity, ignite your midsection, and sculpt with precision.***
Level: All fitness levels

AQUA COMBAT –
Powerful. Dynamic. Low-Impact.
Strike, kick, and move like an MMA pro—without the impact. This water-based workout builds strength, endurance, and coordination through choreographed martial arts-inspired training. ***Fight hard, flow strong, and train with purpose.***
Level: All fitness levels • Competition Pool

AQUA FIT –
Gentle. Energizing. Supportive.
Enjoy a low-impact cardio and strength workout in the shallow pool using equipment like water bells and noodles. Perfect for joint-friendly conditioning and full-body movement. ***Move freely, feel supported, and stay strong.***
Level: All fitness levels • Shallow Pool
Swimming skills not required.

AQUA ZUMBA –
Joyful. Rhythmic. Refreshing.
Take the Latin dance party to the pool! This low-impact class adapts classic Zumba moves for the water, delivering cardio and toning with a splash of fun. ***Dance, splash, and smile your way fit.***
Level: All fitness levels • Shallow Pool
Swimming skills not required.

BARRE FUSION –
Balanced. Sculpted. Intentional.
A ballet-inspired workout that blends Pilates, yoga, and functional strength training. Expect small, controlled movements, high reps, and deep muscle engagement. While barre-inspired, the class often moves beyond the barre to challenge balance, flexibility, and core strength. ***Graceful movement, powerful results.***
Level: All fitness levels

BEGINNERS YOGA –
Supportive. Educational. Grounded.
Learn foundational poses, breathwork, transitions, and safe alignment in a small group setting. Designed to build confidence and understanding for a lifelong yoga practice. ***Start strong, move mindfully, and grow with guidance.***
Level: All fitness levels

BODY LAB –
Functional. Focused. Strength-Based.
Train smart with total-body strength moves that build efficiency across all planes. This no-cardio format uses light weights, BOSUs, and gliders to boost mobility and control. ***High reps meet smart movement for maximum impact.***
Level: Moderate to advanced

BODYCOMBAT™ (Les Mills) –
Explosive. Empowering. Fierce.
Strike, kick, and unleash your inner fighter in this non-contact, martial-arts inspired cardio workout. Set to powerful music, each choreographed combo drives intensity and endurance. ***Fight fatigue, build stamina, and feel unstoppable.***
Level: Intermediate to advanced

BODYPUMP™ (Les Mills) –
Strong. Simple. Effective.
Challenge every major muscle group with high-rep resistance training using the Les Mills Smart Bar system. Proven strength exercises set to music deliver results you can feel. ***Build strength, burn calories, and train with purpose.***
Level: All fitness levels

BODYPUMP HEAVY™ (Les Mills) –
Powerful. Precise. Intense.
Elevate your strength training with slower, tempo-based lifts and heavier weights. Classic moves like squats, cleans, and presses are re-engineered for controlled execution, longer recovery, and maximum muscle growth. Set to driving music, each track blends authentic weightlifting with the energy of the group. Build strength, break plateaus, and master technique in a format that's simple, effective, and accessible. ***Build muscle, refine form, and see the difference.***
Level: All fitness levels

BOOTCAMP –
Tactical. Team-Based. Tough.
Train strength, balance, and grit through partner and team-based challenges. Expect bodyweight moves, resistance work, and balance drills—with modifications for all. ***Dig deep, dominate the work, and never go it alone.***
Level: Intermediate to advanced

CARDIO DANCE –
Rhythmic. Fun. Energetic.
A high-energy cardio dance party set to Afrobeats, Latin, and hip-hop rhythms. No choreography stress—just nonstop movement that makes you sweat and smile. ***Move big, feel the beat, and own the rhythm.***
Level: All fitness levels

CARDIO KICKBOX –
Empowering. Focused. Fierce.
Kick, bob, and strike in this martial-arts inspired cardio workout. With motivating! music, each series drives intensity and endurance. ***Build strength, stamina, and feel unstoppable.***
Level: Intermediate to advanced

CHAIR YOGA –
Gentle. Accessible. Restorative.
Enjoy seated and supported standing movements to improve flexibility, circulation, and strength—without floor work. Ideal for active older adults or anyone with limited mobility. ***Stretch with support, move with confidence.***
Level: All fitness levels, including beginners and limited mobility

DEEP WATER –
Buoyant. Balanced. Challenging.
This self-paced workout in the deep end builds strength, flexibility, and cardiovascular endurance using the resistance of water—no impact required. Flotation belts welcome for support. ***Defy gravity, build strength, and move with freedom.***
Level: All fitness levels • Deep End - Competition Pool

FLOOR TO CORE –
Foundational. Supportive. Practical.
Build strength and coordination to move to and from the floor with greater ease. Use chairs, mats, blocks, and straps to support safe, effective movement patterns for everyday life. ***Confidence starts from the ground up.***
Level: All fitness levels • 30 minutes

FLOW & RESTORE YOGA –
Energizing. Grounding. Rejuvenating.
Start with a strength-building vinyasa flow, then shift into deep, supported relaxation. This blended class balances effort and ease to restore the body, mind, and spirit. ***Move with energy, unwind with intention.***
Level: All fitness levels
Please bring your own props (blocks, blankets, bolsters).

GENTLE YOGA –
Supportive. Soothing. Restorative.
Designed for beginners or anyone seeking a gentle practice. Modified poses emphasize breath, stretch, and strength, with occasional meditation to quiet the mind. ***Breathe deeply, move gently, restore fully.***
Level: All fitness levels

GRIT™ (Les Mills) –
Fast. Fierce. Focused.
This 30-minute HIIT workout pushes you to your limit with explosive moves, driving music, and on-the-floor coaching. Burn calories, build strength, and boost athletic performance—fast. ***Train hard, recover stronger, and redefine your limits.***
Level: Intermediate to advanced

HATHA YOGA –
Balanced. Intentional. Grounding.
A classic practice that unites mind, body, and spirit through breath-centered movement. Sequences focus on stretching, strengthening, and alignment for a complete physical and mental reset. ***Build strength, find stillness, breathe with purpose.***
Level: All fitness levels

INTERMEDIATE YOGA –
Strong. Focused. Evolving.
Designed for those ready to deepen their yoga practice, this class explores more complex poses, transitions, and breathwork with strength, balance, and control. Build on foundational skills while increasing flexibility, stamina, and body awareness. ***Challenge your body, calm your mind, and grow your practice.***
Level: Yoga experience recommended

IRON YOGA –
Grounded. Controlled. Centered.
Blend yoga with strength-building principles to improve control, flexibility, and mental sharpness. Built for athletes and lifters who want performance without tightness. ***Stability leads, strength follows.***
Level: Fitness base recommended

KBX (KETTLEBELL XTREME) –
Complex. Powerful. Unrelenting.
Master swings, snatches, presses, and more in this full-body kettlebell experience. Builds strength, endurance, mobility, and cardio capacity through nonstop compound movements and core-focused patterns. ***Move better, lift heavier, and push your limits.***
Level: Intermediate to advanced

LES MILLS PILATES –
Centered. Strong. Intentional.
A dynamic series of mind-body workouts designed to build core strength, improve mobility, and enhance posture. Choreographed to music for flow, focus, and balance. ***Strengthen from the inside out.***
Level: All fitness levels

MOVE STRONG & MOVEMENT METHOD/ MOBILITY – Dynamic. Precise. Powerful.
A performance-driven workout blending functional strength, smart mobility training, and short, high-intensity efforts. Unilateral patterns, athletic conditioning, and targeted core work build stability, control, and total-body power. Move with intention, train with purpose, and elevate every rep. This is where strength meets athleticism—and your best performance begins. ***Train smart today for powerful results.***
Level: All fitness levels

PILATES –
Aligned. Centered. Controlled.
Strengthen and stabilize your core through a focused sequence of low-impact exercises. Improve posture, balance, and body awareness with intentional movement and breath. ***Strength starts at the center.***
Level: All fitness levels

POWERHOUSE PILATES:
Dynamic. Full-body.
Blend foundational principles of Pilates with fitness-based strength and cardio exercises. This energizing class focuses on core stability, posture, balance, and controlled movement while incorporating higher-intensity intervals, and functional exercises to build strength, endurance, and flexibility. Expect a challenging yet accessible workout that strengthens your "powerhouse" — the core muscles that support and stabilize the entire body. ***Feel stronger, and more energized.***
Level: All fitness levels

PREHAB STABILITY & STRENGTH –
Stable. Strong. Resilient.
Build joint integrity and muscular support through targeted movements that improve stability, mobility, and strength. Focuses on shoulders, hips, spine, and core to prevent injuries and enhance functional performance. ***Train smart today to stay strong tomorrow.***
Level: All fitness levels

RESTORATIVE YOGA –
Still. Supported. Healing.
A deeply relaxing practice using props to fully support the body in restful positions. Poses are gentle and held for extended periods to calm the nervous system, aid recovery, and promote deep rest. ***Slow down, settle in, and let go.***
Level: All fitness levels

RPM™ (Les Mills) –
Rhythmic. Driven. Enduring.
Pedal through hills, flats, and sprints in this music-fueled indoor cycling experience. Interval-based rides challenge your cardio, endurance, and mental focus—one beat at a time. ***Ride strong, climb steady, finish powerful.***
Level: All fitness levels

SMART MOVES –
Active. Supportive. Balanced.
Designed for older adults and those seeking a low-impact option, this class blends aerobic movement, strength work, and flexibility training to support daily function and overall wellness. ***Move with confidence, strength, and ease.***
Level: All fitness levels

SOUND IMMERSION –
Soothing. Restorative. Deep.
Begin with light movement, then settle into stillness for a full-body sound bath using crystal singing bowls and other calming instruments. ***Let sound wash over you and bring you back to center.***
Level: All fitness levels
Please bring props to rest comfortably during the sound bath.

SPIN® –
Focused. Energizing. Foundational.
Build endurance and strength with rides that emphasize cycling technique, cadence, and heart rate training. Tap into all energy zones for a complete, results-driven experience. ***Master the ride, one pedal stroke at a time.***
Level: All fitness levels

SPIN® BASICS – Supportive. Informative. Beginner-Friendly.
Learn proper bike setup, core riding positions, and cycling fundamentals in a comfortable, low-pressure setting. Includes a 30-minute ride, stretch, and optional take-home resources. ***Start strong, ride smart, and build confidence.***
Level: All fitness levels

SURGE! 30 –
Intense. Efficient. Performance-Driven.
This 30-minute cycling HIIT session uses science-based intervals to push both aerobic and anaerobic thresholds. Short, sharp, and brutally effective. ***Max your effort, spike your performance, and ride like you mean it.***
Level: Advanced

TACTICAL CONDITIONING:
Military-inspired
Designed to build endurance, speed, strength, and mental toughness through high-intensity functional training. This fast-paced workout combines cardio intervals, bodyweight drills, agility work, and strength circuits to simulate the demands of tactical and athletic performance. Expect timed stations, explosive movements, team-style challenges, and minimal rest periods that push your conditioning to the next level. Improves cardiovascular endurance, stamina, coordination, and total-body power in a motivating bootcamp-style environment. ***Train like an athlete. Perform like a warrior.***
Level: All fitness levels

ULTIMATE SPIN –
Enduring. Powerful. Unrelenting.
Designed for true cycling enthusiasts, this 75-minute nonstop ride pushes your limits physically and mentally. No breaks—just you, the bike, and the challenge. ***Dig deep, ride strong, and prove you can go the distance.***
Level: Advanced

UPPER BODY TONING –
Focused. Efficient. Strengthening.
A 30-minute class designed to sculpt and strengthen your arms, shoulders, chest, and back. A perfect complement to lower-body cardio like cycling. ***Quick, targeted, and upper-body strong.***
Level: All fitness levels • 30 minutes

VINYASA YOGA –
Dynamic. Fluid. Strengthening.
A fitness-based yoga practice that links breath to movement through strong, flowing sequences. Builds strength, flexibility, and endurance with continuous transitions and focused alignment. ***Flow with strength, breathe with intention.***
Level: Yoga base recommended

WARM WATER –
Gentle. Therapeutic. Restorative.
Low-impact cardio and mobility exercises performed in the warm leisure pool. Ideal for arthritis, joint stiffness, post-injury rehab, or anyone seeking improved flexibility and movement without strain. ***Soften stiffness, move freely, and restore with warmth.***
Level: All fitness levels • Warm Leisure Pool
Swimming skills not required.

WARRIOR FIIT –
Raw. Gritty. Unconventional.
High-intensity functional training that breaks out of the studio. You'll train on the landing, track, stairs, hallway—or outdoors. Expect strength circuits, explosive intervals, and team challenges that forge total-body fitness and mental toughness. ***Push limits, build grit, and train alongside a team that never quits.***
Level: Intermediate to advanced
Optional: *Join the Freedom Warrior FIITTeam for obstacle course races held throughout the year.*

YIN YOGA –
Quiet. Grounded. Releasing.
A meditative floor-based practice that targets the body's connective tissues through long-held, passive stretches. Designed to increase mobility and flexibility while cultivating stillness and patience. ***Stretch deep, release fully, and reconnect within.***
Level: All fitness levels. Please bring your own blanket and mat.

YOGA + RELAXATION –
Balanced. Restorative. Intentional.
Begin with 60 minutes of foundational yoga, followed by 30 minutes of deep relaxation. Stay for both or choose one. This 90-minute class mirrors the body's natural energy rhythms for total renewal. ***Move, unwind, and recharge in sync with your body's rhythm.***
Level: All fitness levels • 90 minutes

YOGA FLOW PILATES –
Centered. Grounded. Fusion.
This class combines breath-centered slow yoga flow with the core-focused fusion of Pilates. Props may be used. ***Flow with grounding and purpose.***
Level: All fitness levels

YOGA SCULPT –
Strong. Energizing. Intentional.
An upbeat fusion of traditional yoga poses, vinyasa flow, and light weights. Boosts cardiovascular endurance and builds strength while staying grounded in breath and body awareness. ***Elevate your flow with power and purpose.***
Level: All fitness levels

ZUMBA – Lively. Rhythmic. Joyful.
Dance your way to fitness with easy-to-follow choreography set to Latin, fusion, and hip-hop beats. High energy, nonstop movement, and smiles guaranteed. ***Feel the music, move your body, love the workout.***
Level: All fitness levels