

## APRIL 2017 - GROUP EXERCISE SCHEDULE

Freestone Recreation Center 1141 E. Guadalupe Rd Gilbert, AZ 85234 (480) 503-6202

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>AM CLASSES</b>	<b>AM CLASSES</b>	<b>AM CLASSES</b>	<b>AM CLASSES</b>	<b>AM CLASSES</b>	<b>AM CLASSES</b>	<b>AM CLASSES</b>
5:45-6:45am <b>PRECISION TONING</b> <i>Rachel E (30)</i>		5:45-6:45am <b>CORE FIT</b> <i>Rachel E (30)</i>		5:45-6:45am <b>PRECISION TONING</b> <i>Rachel E (30)</i>	7:15-8:15am <b>CORE FIT</b> <i>Rachel E (30)</i>	
8:30-9:30am <b>PILATES</b> <i>Lynda (30)</i>	8:00-8:30am <b>CARDIO DRUMMING</b> <i>Michelle (20)</i>	8:00-8:45am <b>MUSCLE CONDITIONING</b> <i>Michelle (30) - ARB</i>	8:00-8:30am <b>★CARDIO DRUMMING</b> <i>Michelle (20)</i>	8:30-9:30am <b>GENTLE YOGA</b> <i>Dawna (30) - Asmby</i>	7:30-8:15am <b>MUSCLE CONDITIONING</b> <i>Susan (25) - ARB</i>	
9:00-9:30am <b>EXPRESS CYCLE</b> <i>Liza (12) - Cycle Room</i>	8:35-9:35am <b>ZUMBA</b> <i>Michelle (50)</i>	8:30-9:30am <b>PILATES</b> <i>Lynda (30)</i>	Ⓢ8:35-9:35am <b>TONING RHYTHMS</b> <i>Michelle (30)</i>	8:30-9:30am <b>PILATES</b> <i>Marie (30)</i>	8:30-9:30am <b>ZUMBA</b> <i>Selene (50)</i>	
9:45-10:35am <b>MUSCLE CONDITIONING</b> <i>Liza (30)</i>		9:00-9:50am <b>POWER CYCLE</b> <i>Liza (12) - Cycle Room</i>		9:00-9:30am <b>EXPRESS CYCLE</b> <i>Liza (12) - Cycle Room</i>		
	9:45-10:45am <b>PILATES</b> <i>Marie (30)</i>	9:40-10:40am <b>ZUMBA GOLD</b> <i>Michelle (50)</i>	9:45-10:45a <b>TONE &amp; STRETCH</b> <i>Michelle (30)</i>	9:45-10:35am <b>MUSCLE CONDITIONING</b> <i>Liza (30)</i>	9:45am - 10:30am <b>TABATA</b> <i>Michelle (30)</i>	11am-12pm <b>ZUMBA</b> <i>Selene (50)</i>
11:00am-12:00pm <b>PRIME TIME FITNESS</b> <i>Jenny (40)</i>	11:00am-12:00pm <b>PRIME TIME FITNESS</b> <i>Jenny (40)</i>	10:50-11:50am <b>YOGA - ALL LEVEL</b> <i>Deanna (30)</i>	11:00am-12:00pm <b>PRIME TIME FITNESS</b> <i>Jenny (40)</i>	10:50-11:50 <b>YOGA - ALL LEVEL</b> <i>Deanna (30)</i>	11:00am-12:00pm <b>YOGA - ALL LEVEL</b> <i>Rachel L (30) - Asmby Rm</i>	
12:00-1:00pm <b>ZUMBA GOLD</b> <i>Michelle (50) - Asmby Rm</i>				11:00pm-11:45pm <b>PRIME TIME FITNESS II</b> <i>Susan (40) - Asmby Rm</i>	<b>The Best Thing I Ever Did Was Believe in ME! DO GROUP EXERCISE CLASSES AT FREESTONE</b>	
12:30-1:45pm <b>GENTLE YOGA</b> <i>Deanna (30)</i>		12:00pm-12:45pm <b>PRIME TIME FITNESS II</b> <i>Susan (40) - ARB</i>		12:00-1:00pm <b>ZUMBA GOLD</b> <i>Michelle (30)</i>		
<b>PM CLASSES</b>	<b>PM CLASSES</b>	<b>PM CLASSES</b>	<b>PM CLASSES</b>	<b>PM CLASSES</b>	<b>Legend</b>	
4:00-5:00pm <b>MUSCLE CONDITIONING</b> <i>Susan (30)</i>	4:00-4:45pm <b>PILATES TONE &amp; STRETCH</b> <i>Susan (30)</i>	4:00-5:00pm <b>BUTT &amp; GUT</b> <i>Susan (30)</i>	4:00-5:00pm <b>STEP &amp; TONE</b> <i>Jackie (30)</i>		(#) Class Maximums      ★ NEW Class Asmby - Assembly Rm      ◆ New Class Name ARB - Aerobics B            Ⓢ Time Change	
5:15-6:15pm <b>KICKBOXING</b> <i>Delia (30)</i>	5:00-5:45pm <b>STEP &amp; TONE</b> <i>Jackie (30)</i>	5:15-6:15pm <b>MUSCLE CONDITIONING</b> <i>Michelle (30)</i>	5:15-6:15pm <b>PILATES</b> <i>Liza (30)</i>		<b>GENERAL CLASS INFORMATION</b>	
	6:00-6:45pm <b>TBC/TABATA</b> <i>Izy (30)</i>	6:30-7:30pm <b>ZUMBA</b> <i>Selene (50)</i>	6:30-7:30pm <b>ZUMBA</b> <i>Selene (50)</i>		Fitness classes are designed for participants 15 years and older. Children 11 years and under are not permitted in fitness classes. Children ages 12-14 years wishing to attend the fitness class must be accompanied by a participating adult. Kiddy Korner is available for children 18mos - 7yrs while parent is on site. Valid daily pass or membership is required for use of this service.	
6:30-7:30pm <b>ZUMBA</b> <i>Michelle (50)</i>	6:00-7:00pm <b>GENTLE YOGA</b> <i>Cami (30) - Assembly Rm</i>	6:00-7:00pm <b>YOGA - ALL LEVEL</b> <i>Beth (30) - Asmby Rm</i>		6:00-7:00pm <b>ZUMBA</b> <i>Susan (50)</i>		
7:15-8:15pm <b>HATHA YOGA</b> <i>Jessica (30) - Asmby Rm</i>	7:00-8:00pm <b>PILATES</b> <i>Marie (30)</i>	7:15-8:15pm <b>YIN YOGA</b> <i>Beth (30) - Asmby Rm</i>				

All group exercise classes are held in Aerobics Room A unless otherwise noted. Cycling classes are held in the cycling room in the rear of the building. Class sizes are limited. The instructor will collect all passes at the start of class. Closed toed shoes are required with the exceptions of yoga or Pilates classes. All classes, times, and instructors subject to change and/or cancellation.

Please let the instructor know of any physical limitations or injuries prior to the start of class.

KIDDY KORNER HOURS: M-F: 8am-12pm & 4pm-8:15pm Saturday: 8am - 2pm Sunday: Closed

## **GROUP EXERCISE CLASS DESCRIPTIONS**

**Butt & Gut:** This 30 min. class focuses on core strengthening & toning your glutes while incorporating leg and lower back exercises to maintain muscle balance.

**Cardio Drumming:** A fun, high energy, low impact, fat burning class using drumsticks and exercise balls. You will learn 3 blocks of choreographed drumming then put it all together for one final finale. Get a full body workout while you rock out!

**Cardio Kickboxing:** Jab, upper cut, hook and kick! Punch and kick your way to an improved fitness level. Use jabs, crosses, round kicks and other movement patterns to create safe and effective combos. This is a cardio class that has high energy and motivation. All fitness levels are welcome.

**Core Fit:** This class is designed to work your entire body, through your core! This dancer inspired body-sculpting method uses high-rep exercises that work your body in multiple angles calling on multiple muscles at once for an intense total body workout all while strengthening your core for lean, balanced body strength.

**Express Cycle:** Get your cardio in with this 30 minute class designed for all levels. Variable rides will include hills, sprints and end with a stretch.

**Gentle Yoga:** This class will teach basic asanas, as well as introduce breathwork and relaxation techniques. Shoulders, hips and spines will be targeted as areas to open through slow, deep practice. This class is specifically designed for those individuals who want to bring movement and flexibility to their bodies in a balanced way.

**Hatha Yoga:** Gentle practice uniting the body, mind, and spirit through rhythmic movements incorporating breathing techniques and deep relaxation. This class is excellent for reducing stress. This is a flowing class that begins with gentle opening stretches, and moves into more vigorous poses activating all muscle groups, and ends with a restorative phase. All levels of practice are welcome - beginners as well as "advanced" students, can challenge themselves in this class.

**Muscle Conditioning:** A weighted workout to the rhythm of music, this class will help you get a cardio workout along with strength & endurance through the use of dumbbells, bands, and flex balls.

**Pilates:** This method of body conditioning is a unique blend of stretching and strengthening that will tone muscle, improve posture, provide flexibility and balance, unite the mind and body, and create a more streamlined shape. *Bringing your own yoga/Pilates mat is recommended for this class.*

**Pilates Tone & Stretch:** Class is designed to improve muscle strength, tone and flexibility, using a combination of Pilates and traditional toning methods. Learn how to build strength and define muscle using a variety of equipment each week which may include lightweights, stability ball, thera bands, and foam roller. Each session will end with a full body stretch. Suitable for all levels.

**Power Cycle:** This unique hybrid cycle class incorporates additional interval and strength training into a traditional cycle format, allowing participants to build both cardio and

**PrimeTime Fitness:** This class is designed for men and women 55+ years old or those looking to expand their strength and flexibility at a more advanced level than the SilverSneaker program.

**PrimeTime Fitness II:** This class is designed for men and women 55+ years old or those looking for a gradual return to peak fitness levels. Consisting of a variety of exercises to improve balance, strength, and cardiovascular health which incorporates stretching, aerobics, and relaxation. Chair based exercises suitable for members that cannot stand or have some limitations in standing. A good starting point for members recovering from an operation or illness.

**Precision Toning:** This class is divided into four targeted segments: Arms, legs, butt and abs. Each segment's unique exercise is designed to work all the muscles within each target area, to build a strong balanced body. The class is built around a fast pace, unique body positioning and high rep count. You'll do alternating sequences of standing, kneeling and floor exercises, targeting multiple muscle groups at once to maximize your workout for a leaner stronger you.

**Step & Tone:** This class combines cardio and strength training targeting different muscle groups. It's a total body workout designed to increase endurance and strength.

**Tabata:** Tabata is an intense fitness class that works the entire body. Tabata training lasts four minutes following a pattern of 20 seconds of work; 10 seconds of rest that is repeated 4 times throughout the class.

**Tone & Stretch:** This class blends lightweight toning & deep stretching through a series of flowing movements using a variety of equipment to create a longer, leaner look.

**Toning Rhythms:** Take your toning conditioning to a whole new level! Choreographed to fun, upbeat, music each song will target a specific muscle group using light weights and fitness equipment to maximize toning and calorie burn.

**Total Body Conditioning (TBC):** This class focuses on exercises that simultaneously use multiple muscles and joints to improve muscular endurance, overall strength, coordination, balance, posture and agility. This class is guaranteed to give you a challenging, effective, and fun full-body workout!

**Yoga - All Level:** This class will offer flowing sequences, relaxation, and meditation. Instructor provided adaptations make this class great for beginners, intermediates, and advanced yogis looking for a challenge. *Bringing your own yoga/Pilates mat is recommended for this class.*

**Yin Yoga:** Poses that apply moderate stress to the connective tissues of the body - the tendons, fascia, and ligaments - with the aim of increasing circulation in the joints and improving flexibility. Yin poses are held for longer periods of time - up to five minutes.

**Zumba:** This fusion of Latin and international music will create a dynamic fitness environment that combines movements in an interval training approach through dance.