

REVISED JUNE 2017 (Update starting: Monday, June 12th) - GROUP EXERCISE SCHEDULE

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM CLASSES	AM CLASSES	AM CLASSES	AM CLASSES	AM CLASSES	AM CLASSES	AM CLASSES
⌚6:15-7:15am PRECISION TONING <i>Rachel E (30)</i>		⌚6:15-7:15am CORE FIT <i>Rachel E (30)</i>		⌚6:15-7:15am PRECISION TONING <i>Rachel E (30)</i>	7:15-8:15am CORE FIT <i>Rachel E (30)</i>	
8:30-9:30am PILATES <i>Lynda (30)</i>	8:00-8:30am CARDIO DRUMMING <i>Michelle (20)</i>	8:00-8:45am MUSCLE CONDITIONING <i>Michelle (30) - ARB</i>	8:00-8:30am CARDIO DRUMMING <i>Michelle (20)</i>	8:30-9:30am GENTLE YOGA <i>Dawna (30) - ARB</i>	7:30-8:15am MUSCLE CONDITIONING <i>Susan (25) - ARB</i>	
9:00-9:30am EXPRESS CYCLE <i>Liza (12) - Cycle Room</i>	8:35-9:35am ZUMBA <i>Michelle (50)</i>	8:30-9:30am PILATES <i>Lynda (30)</i>	8:35-9:35am TONING RHYTHMS <i>Michelle (30)</i>	8:30-9:30am PILATES <i>Marie (30)</i>	8:30-9:30am ZUMBA <i>Selene (50)</i>	
9:45-10:35am MUSCLE CONDITIONING <i>Liza (30)</i>		9:00-9:50am POWER CYCLE <i>Liza (12) - Cycle Room</i>		9:00-9:30am EXPRESS CYCLE <i>Liza (12) - Cycle Room</i>		
11:00am-12:00pm PRIME TIME FITNESS <i>Jenny (40)</i>	9:45-10:45am PILATES <i>Marie (30)</i>	9:40-10:40am ZUMBA GOLD <i>Michelle (50)</i>	9:45-10:45a STONE & STRETCH <i>Michelle (30)</i>	9:45-10:35am MUSCLE CONDITIONING <i>Liza (30)</i>	9:45am - 10:30am ◆CARDIO DRUMMING <i>Michelle (30)</i>	10:30am-11:30am ZUMBA <i>Rashell (50)</i>
12:00-1:00pm ZUMBA GOLD <i>Michelle (50) - ARB</i>	11:00am-12:00pm PRIME TIME FITNESS <i>Jenny (40)</i>	10:50-11:50am YOGA - ALL LEVEL <i>Deanna (30)</i>	11:00am-12:00pm PRIME TIME FITNESS <i>Jenny (40)</i>	10:50-11:50 YOGA - ALL LEVEL <i>Deanna (30)</i>	11:00am-12:00pm YOGA - ALL LEVEL <i>Rachel L (30) - Asmbly Rm</i>	
1:15-2:15pm ⌚ GENTLE YOGA <i>Deanna (30)</i>				12:00-1:00pm ZUMBA GOLD <i>Michelle (30)</i>	WARNING: Exercise has been known to cause better HEALTH and HAPPINESS Do Group Exercise at Freestone	
PM CLASSES	PM CLASSES	PM CLASSES	PM CLASSES	PM CLASSES	Legend	
4:00-5:00pm MUSCLE CONDITIONING <i>Susan (30)</i>	4:00-4:45pm PILATES TONE & STRETCH <i>Susan (30)</i>	4:00-5:00pm BUTT & GUT <i>Susan (30)</i>	4:00-5:00pm STEP & TONE <i>Jackie (30)</i>		(#) Class Maximums ★ NEW Class Asmbly - Assembly Rm ◆ New Class Name ARB - Aerobics B ⌚ Time Change	
5:15-6:15pm KICKBOXING <i>Delia (30)</i>	5:00-5:45pm STEP & TONE <i>Jackie (30)</i>	5:15-6:15pm ★ ZUMBA TONING <i>Christina (30)</i>	5:15-6:15pm PILATES <i>Liza (30)</i>		GENERAL CLASS INFORMATION	
	6:00-6:45pm TBC/TABATA <i>Izy (30)</i>	6:30-7:30pm ZUMBA <i>Selene (50)</i>	6:30-7:30pm ZUMBA <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 ZUMBA <i>Michelle (50)</i>	6:00-7:00pm GENTLE YOGA <i>Cami (30) - Asmbly</i>	6:00-7:00pm YOGA - ALL LEVEL <i>Rachel (30) - Asmbly</i>	6:30-7:30pm ★ GENTLE YOGA <i>Dawna (30) - Asmbly</i>	6:00-7:00pm ZUMBA <i>Susan (50)</i>		
7:15-8:15pm HATHA YOGA <i>Staff (30) - Asmbly</i>	7:00-8:00pm ★ ZUMBA <i>Susan (50)</i>	7:15-8:15pm ◆ VINYASA FLOW YOGA <i>Rachel (30) - Asmbly</i>				
	7:15-8:15pm ⌚ PILATES <i>Marie (30) - Asmbly</i>				There will be no group exercise classes on Memorial Day - Monday, May 29th The Center will be open from 10am - 5pm	

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: Find your inner Rock Star and drum your way fit. A fun, high energy, low impact, fat burning class using drumsticks and exercise balls that provides a full body workout.

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 strength.

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.

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!

Vinyasa Flow Yoga: An approach to yoga that focuses on linking conscious breath with a vigorous and mindful flow. This yoga class will build strength, flexibility and concentration while cleansing the body and calming the mind.

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.*

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

Zumba-Toning: This innovative muscle training program uses light weight toning sticks to put extra emphasis on toning and sculpting to define muscles to get a great workout with the fun of Zumba.