

FQ FOR WOMEN Class Schedule

OPEN GYM SCHEDULE: Mon-Fri 5AM-8:30PM / Saturday and Sunday 7AM-8:30pm

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30am		Strength & Cond. w/ McKenna	Spin & Strength w/ McKenna	Strength & Cond. w/ McKenna	Spin & Strength w/ Daryl	Strength & Cond. w/ Daryl	
6:30am		HIIT (30 mins) w/ McKenna		ABC (30 mins) w/ McKenna		HIIT (30 mins) w/ Daryl	
7:30am		Functional Strength w/ Mary	Barre w/ Alex	Functional Strength w/ McKenna	Sculpt w/ Alex	Functional Strength w/ Daryl	
8am							Spin & Strength w/ Alex
9am		Circuit w/ Breanna	Sculpt w/ Heather	Barre w/ Breanna	Pilates w/ Heather	Barre w/ Breanna	Sculpt w/ Alex
10am	Commit Dance w/ Katie & Harriett	Barre w/ Elena	Zumba w/ Wanda	Booty Burn w/ Heather	Zumba w/ Wanda	Sculpt w/ Heather	Barre w/ Heather
				Barre w/ Breanna		Barre w/ Breanna	
11am	Yoga w/ Jessica	Yoga w/ Adrianna	SAIL w/ Wanda	Yoga w/ Heather	SAIL w/ Wanda	Yoga w/ Heather	Commit Dance w/ Mertriss
12pm		Free For All w/ Jean		Free For All w/ Jean		Free For All w/ Jean	Yoga w/ Diane, Jess, Lori
4:30pm		Yoga w/ Lori	Sculpt w/ Heather	Pure Strength w/ Maureen	Strength & Cond. w/ McKenna	ABC (30 mins) w/ Heather	
5pm						HIIT (30 mins) w/ Heather	
					Pilates w/ Heather		
5:30pm		Pure Strength w/ Alex	Strength & Cond. w/ McKenna	Booty Burn w/ Heather	Spin & Strength w/ McKenna		
6pm							
					Pilates w/ Heather		
6:30pm		Bootcamp w/ Harriette	Yoga w/ Lori	Barre w/ Heather	Yoga w/ Lori		
7:30pm			Commit Dance w/ Katie	Cardio Dance w/ Heather	Commit Dance w/ Keesha		

*Classes in highlighted rows take place in studio 2 and require sign up at front desk or by calling 253-319-8885.

CLASS DESCRIPTIONS

ABC: The name says it all. Arms! Booty! Core! Get your daily dose of fit-ucation in just 30 minutes!

Barre: Inspired by elements of ballet, yoga and Pilates, we will be utilizing low impact, high volume movements that lengthen and strengthen while increasing muscular endurance.

Cycle: This class is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises.

Cycle and Strength: Get all the cardiovascular benefits of a cycle class with the additional perks of strength training! Put on muscle and burn calories all in one efficient package.

Free for All: This is a combination of low-impact cardio, strength, balance work, and full- body stretching, designed to give older adults everything they need in one go.

Functional Strength: Gently stretch and tone your whole body in this well-rounded class. Build stronger muscles, bones, and joints with weight-bearing exercises designed to challenge your strength & balance. Great for all levels.

HIIT: Get fit with HIIT! Think – quick and sweaty! High Intensity Interval Training (HIIT) is a 30-minute class with short periods of demanding physical activity followed by short less intense recovery periods.

Pure Strength: Build strength, add definition, increase bone density and decrease body fat by increasing lean muscle. Research has proven that by adding lean muscle to the body you can speed up your metabolism and burn more calories working out and at rest. Use a variety of weight training equipment to change the shape of your body - no muscle gets neglected.

SAIL: Stay Active and Independent for Life (SAIL) is an evidence-based strength, balance and fitness program. Performing exercises that improve strength, balance and fitness are the single most important activity that adults can do to stay active and reduce their chances of falling.

Sculpt: Come fuel your metabolism with a combination of strength and cardio. Expect to get a full body workout using bands, exercise balls and dumbbells.

Strength and Conditioning: Train like an athlete by executing a wide range of exercises developed to build a variety of skills with a focus on mobility, stability, strength, endurance, power, speed, agility and performance.

TRX & Tools:

Yoga: This asana-based class aims to meet you where you are, in your practice and body. Expect breath and traditional posture practices that stretch, mobilize, strengthen and promote relaxation.

Zumba: An energizing dance fitness class featuring Latin and International music. Exercise in disguise! You'll burn lots of calories and have a great time doing it!

COMMIT Dance Fitness: a dynamic, fun-filled HIIT influenced (High intensity interval training) dance workout. Each routine focuses on essential fitness elements created to a variety of popular music, from all over the world, that will inspire everyone to get moving.