

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.