

# FQ FOR WOMEN January Class Schedule

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



Kids Club Hours:  
 Mon - Friday 8am  
 to 1pm  
 4pm to 8:30pm  
 Sat - 8am to 1pm  
 Sundays Closed

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/ Mckenna	Strength & Cond w/ Mary	
7:30am		Functional Strength w/Mary	Sculpt w/ Heather	Functional Strength w/ Mary	Sculpt w/ Heather	Functional Strength w/Madalene	
8:00am							Zumba w/Fanny
9am		Circuit w/ Ricki	Sculpt w/ Heather	Barre w/Ricki	Pilates w/ Heather	Circuit w/ Ricki	Sculpt w/ Heather
			Barre technique & restoration w/ Ricky				
10am	Commit Dance w/ Katie	Barre w/ Ricki	Zumba w/ Wanda	Circuit w/Ariel	Zumba w/ Wanda	Sculpt w/ Heather	Barre w/ Heather
			Pilates w/ Ricky	Barre w/ Ricki		Barre w/ Ricki	
11am	Yoga w/ Jessica	Yoga w/ Adrianna	SAIL w/ Wanda	Yoga w/ Jess <small>Cycling w/ Ariel Barre room</small>	SAIL w/ Wanda	Yoga w/ Heather	Commit Dance w/ Mertriss
12pm	Booty Bootcamp w/ Madalene	Free For All		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/ Heather	Zumba w/ Madalene	Piyo w/Jess	
5pm							
5:30pm		Pure Strength w/ Mckenzie	Circuit w/ Kaylee	Booty Burn w/ Heather	Circuit w/ Mckenzie	Bootcamp w/Harriette	
					Pilates w/ Elena		
6:30pm		Bootcamp w/ Harriette & Rhea	Yoga w/ Lori	Cardio Box w/ Madalene	Yoga w/ Lori	Commit w/ Harriette & Rhea	
7:30pm		Zumba w/ Fanny	Commit Dance w/ Katie/Ivory	Zumba & PolyFit w/ Julianna	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

**Pilates:** Bring your mat and build strength and flexibility with emphasis on posture and core work

**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.

**Barre Technique and Restoration-** This slower tempo class you will learn proper form and muscle focus for barre technique and finish with a restorative stretches and mobility work.

**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.

**Circuit:** Your instructor will guide stations of strength, cardio and agility work for a complete body workout.

**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.

**Cardio Box:** Cardio workout inspired on boxing and martial arts techniques. You will learn basic punching and striking while burning calories

**Polyfit:** Dance fitness using music and movements from Polynesian dance. Get ready to move your hips and learn, hula, tahitian and samoan dances.