

FQ FOR WOMEN September Class Schedule



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

OPEN GYM SCHEDULE: Mon-Fri 5am- 11pm / Saturday and Sunday 7AM-8:30pm

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30am		Strength & Cond. w/ Emily	Cond & Strength w/Imani	Strength & Cond w/Emily	Cond & Strength w/Imani	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/Staff
9am	Pilates w/Tracy	Circuit w/ Breanna	Sculpt w/ Heather	Barre w/Ricki	Pilates w/ Heather	Circuit w/ Breanna	Sculpt w/Heather
10am	Commit Dance w/ Katie	Barre w/ Breanna	Zumba w/ Therese	Circuit w/Emily	Zumba Therese /Claudia	Sculpt w/ Heather	Barre w/ Heather
			Pilates w/ Ricki	Barre w/ Ricki		Barre w/ Breanna	
11am	Yoga w/ Tracy/Susan	Yoga w/Adrianna	SAIL w/ Claudia	Yoga w/Jess	SAIL w/ Claudia	Yoga w/ Heather	Commit Dance w/ Mertriss
12pm	Booty Bootcamp w/ Madalene	Free For All w/Jean	Chair Yoga w/Breanna	Free For All w/ Jean	Zumba Gold Toning Chair w/ Madalene	Free For All w/ Jean	Yoga w/ Diane, Lori
4:30pm		Yoga w/ Lori	Sculpt w/ Heather	Pure Strength w/ Heather	Zumba w/ Malisa		
5pm							
5:30pm		Pure Strength w/Mckenzie	Circuit w/ Kaylee	Booty Burn w/ Heather	Circuit w/Mckenzie/staff	Power Yoga w/ Jess	
			Pilates w/Tracy		Pilates w/ Elena		
6:30pm		Cardiobox w/Madalene	Yoga w/ Lori	Commit Sculpt w/ Lauren	Yoga w/ Lori	Zumba Toning w/Madalene	
7:30pm		Zumba w/ Hope	Commit Dance w/ Katie	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.

Zumba Gold Toning Chair: Low impact version of Zumba using the toning sticks for muscular endurance and part seated.

Chair Yoga: Seated yoga poses working on flexibility, balance and strength. Perfect for those who find it challenging getting up from the floor but still want to benefit from a Yoga practice.

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.

COMMIT SCULPT: Full body-shaping and toning class incorporating body weight and light resistance mixed with cardio dance elements.