

FQ FOR WOMEN March Class Schedule



Kids Club Hours:
Mon - Friday 8am to 1pm
4pm to 8:30pm
Sat - 8am to 1pm
Sundays 9am to 1pm

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/Breanna | Pure Strength w/Breanna | Strength & Cond w/Therese | Pure Strength w/Breanna | Strength & Cond w/ Mary | |
| 7:30am | | Functional Strength w/Mary | Sculpt w/ Heather | Functional Strength w/ Breanna | Sculpt w/ Heather | Functional Strength w/Breanna | |
| 8:00am | | | | | | | Zumba w/Madalene |
| 9am | Pilates w/Madalene | 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/Donna | Zumba w/Claudia | Sculpt w/ Heather | Barre w/ Heather |
| | | | Barre w/Casey | Pilates w/ Ricki | | Barre w/ Breanna | |
| 11am | | Yoga w/Adrianna | SAIL w/ Susan | | SAIL w/ Susan | Yoga w/ Heather | Commit Dance w/ Mertriss |
| 12pm | Booty Bootcamp w/ Madalene | Free For All w/Jean | Chair Yoga w/Susan | Free For All w/ Jean | Zumba Gold Toning Chair w/ Madalene | Free For All w/ Jean | Yoga w/ Diane, Lori/Jess |
| 4:30pm | | Yoga w/ Lori | Sculpt w/ Heather | Pure Strength w/ Heather | Zumba w/ Marriam | | |
| 5pm | | | | | | | |
| 5:30pm | | Pure Strength w/Mckenzie | Circuit w/ Kaylee | Booty Burn w/ Heather | Circuit w/ Erica | Yoga w/ Jess | |
| | | | Pilates w/Eleni | | 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 & Julianna | Commit Dance w/ Katie | Zumba & PolyFit w/ Julianna | Commit Dance w/ Keesha & Vanessa | | |

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

NEW BUILDING EXPANSION COMING SOON! JOIN US FOR TOURS EVERY SUNDAY 1:30PM

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.