



# FQ FOR WOMEN May Class Schedule

3905 Bridgeport Way W, University Place, WA 98466

**Open Gym Hours:**  
Monday - Friday  
 5AM - 24HR  
Saturday - 24HR - 8PM  
Sunday - 7AM - 8PM

**Kids Club Hours:**  
Monday - Friday  
 8AM - 1PM  
 4PM - 8:30PM  
Saturday - 8AM to 1PM  
Sunday - 9AM to 1PM

| TIME    | SUNDAY                        | MONDAY                         | TUESDAY                     | WEDNESDAY                         | THURSDAY                               | FRIDAY                            | SATURDAY                       |
|---------|-------------------------------|--------------------------------|-----------------------------|-----------------------------------|--|-----------------------------------|--------------------------------|
| 5:30am  |                               | Strength & Cond.<br>w/ Breanna | Pure Strength<br>w/ Breanna | Strength & Cond.<br>w/ Therese    | Pure Strength<br>w/ Breanna            | Strength & Cond.<br>w/ Mary       |                                |
| 7:30am  |                               | Functional Strength<br>w/ Mary | Sculpt<br>w/ Breanna        | Functional Strength<br>w/ Breanna | Sculpt<br>w/ Heather                   | Functional Strength<br>w/ Breanna |                                |
| 8:00am  |                               |                                |                             |                                   |  |                                   | Zumba<br>w/ Elizabeth          |
| 9:00am  | Pilates<br>w/ Isabella        | Circuit<br>w/ Breanna          | Sculpt<br>w/ Breanna        | Barre<br>w/ Ricki                 | Pilates<br>w/ Heather                  | Circuit<br>w/ Breanna             | Sculpt<br>w/ Heather           |
| 10:00am | Commit Dance<br>w/ Katie      | Barre<br>w/ Breanna            | Zumba<br>w/ Therese         | Circuit<br>w/ Donna               | Zumba<br>w/ Claudia                    | Sculpt<br>w/ Heather              | Barre<br>w/ Heather            |
| 10:00am |                               |                                |                             | Pilates<br>w/ Ricki               | Yoga<br>w/ Marriam                     | Barre<br>w/ Breanna               |                                |
| 11:00am | <b>CO-ED Yoga</b><br>w/ Susan | Zumba Gold<br>w/ Savina        | SAIL<br>w/ Susan            |                                   | SAIL<br>w/ Susan                       | Yoga<br>w/ Heather                | Commit Dance<br>w/ Manu        |
| 11:00am |                               | Yoga<br>w/ Marriam             |                             |                                   |  |                                   |                                |
| 12:00pm | Booty Bootcamp<br>W/ Erica    | Free For All<br>w/ Jean        | Chair Yoga<br>w/ Susan      | Free For All<br>w/ Jean           | Zumba GOLD Toning Chair<br>w/ Madalene | Free For All<br>w/ Jean           | Yoga<br>w/ Diane / Lori / Jess |
| 4:30pm  |                               | Yoga<br>w/ Lori                | Sculpt<br>w/ Heather        | Pure Strength<br>w/ Heather       | Zumba<br>w/ Mirriam                    |                                   |                                |
| 5:30pm  |                               | Pure Strength<br>w/ Mckenzie   | Circuit<br>w/ Kaylee        | Booty Burn<br>w/ Heather          | Circuit<br>w/ Erica                    | Yoga<br>w/ Jess                   |                                |
| 5:30pm  |                               |                                | Pilates<br>w/ Eleni         |                                   | Pilates / Barre Fusion<br>w/ Elena     |                                   |                                |
| 6:30pm  |                               | Cardiobox<br>Theresa           | Yoga<br>w/ Lori             | Commit Sculpt<br>w/ Lauren        | Yoga<br>w/ Lori                        | Zumba Toning<br>w/ Madalene       |                                |
| 7:30pm  |                               | Zumba<br>w/ Julianna           | Zumba<br>w/ Savina          | Zumba & Polyfit<br>w/ Julianna    | Commit Dance<br>w/ Keesha & Vanessa    |                                   |                                |

# 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:** Slow-tempo class; You will learn proper form and muscle focus for barre technique and finish with 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.