

OCTOBER - GROUP EXERCISE SCHEDULE

Freestone Recreation Center 1141 E. Guadalupe Rd Gilbert, AZ 85234 (480) 503-6202

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM CLASSES	AM CLASSES	AM CLASSES	AM CLASSES	AM CLASSES	AM CLASSES	AM CLASSES
8:30-9:00am EXPRESS CYCLE Rd. 1 <i>Liza (12) - Cycle Room</i>	6:30-7:15am PILATES <i>Marie (30)</i>	6:30-7:15am BARRE <i>Marie (30)</i>	6:30-7:15am PILATES <i>Marie (30)</i>		7:15-8:15am PILATES <i>Marie (30)- ARB</i>	
8:30-9:30am PILATES <i>Lynda (30)</i>	8:00-8:30am CARDIO DRUMMING <i>Michelle (20)</i>	8:00-8:45am MUSCLE CONDITIONING <i>Michelle (30) - ARB</i>	8:00-8:30am CARDIO DRUMMING <i>Michelle (20)</i>	8:00-9:00am GENTLE YOGA <i>Dawna (30) - Asmby Rm</i>	7:30-8:15am MUSCLE CONDITIONING <i>Susan (25)</i>	
9:00-9:30am EXPRESS CYCLE Rd. 2 <i>Liza (12) - Cycle Room</i>	8:40-9:35am ZUMBA <i>Michelle (50)</i>	8:30-8:55am PILATES Rd. 1 <i>Lynda (30)</i>	8:40-9:35am BARRE FIT <i>Michelle (30)</i>	8:30-9:30am PILATES <i>Marie(30)</i>	8:30-9:30am ZUMBA <i>Selene (50)</i>	
9:45-10:30am MUSCLE CONDITIONING <i>Liza (30)</i>		9:00-9:30am PILATES Rd. 2 <i>Lynda (30)</i>		9:00-9:30am EXPRESS CYCLE <i>Izy (12) - Cycle Room</i>		10:15-11:05am *YOGA - ALL LEVEL <i>Patience (30)</i>
11:00am-12:00pm PRIME TIME FITNESS <i>Michelle (40)</i>	9:45-10:45am PILATES <i>Marie (30)</i>	9:00-9:50am POWER CYCLE <i>Liza (12) - Cycle Room</i>	9:45-10:45am RESTORATIVE STRETCH <i>Michelle (30)</i>	9:45-10:30am MUSCLE CONDITIONING <i>Liza (30)</i>	9:45 - 10:30am CARDIO DRUMMING <i>Michelle (30)</i>	11:30am-12:30pm ZUMBA <i>Rashell (50)</i>
		9:45-10:45am ZUMBA GOLD <i>Michelle (50)</i>		9:45 - 10:30am SENIOR DRUM & TONE <i>Susan (30) - ARB</i>		
12:20-1:20pm ZUMBA GOLD <i>Michelle (50) - Asmby Rm</i>	11:00-12:00pm PRIME TIME FITNESS <i>Sherry (40)</i>	10:50-11:50am YOGA - ALL LEVEL <i>Deanna (30)</i>	11:00-12:00pm PRIME TIME FITNESS <i>Sherry (40)</i>	10:50-11:50 YOGA - ALL LEVEL <i>Deanna (30)</i>		
12:30-1:45pm GENTLE YOGA <i>Deanna (30)</i>				12:20-1:20pm ZUMBA GOLD <i>Michelle (30)</i>	<i>Kiddy Korner will be closed for the afternoon session on October 31st.</i>	
PM CLASSES	PM CLASSES	PM CLASSES	PM CLASSES	PM CLASSES	Legend	
4:00-5:00pm MUSCLE CONDITIONING <i>Susan (30)</i>	4:00-4:45pm TONE & STRETCH <i>Susan (30)</i>	4:00-5:00pm BUTT & GUT <i>Susan (30)</i>	4:30-5:00pm *EXPRESS CYCLE <i>Liza (12) - Cycle Room</i>		(#) Class Maximums	* NEW Class
5:15-6:15pm BOOTCAMP <i>Susan (30)</i>	5:00-6:00pm POWER SCULPT FITNESS <i>Susan (30)</i>	5:15-6:15pm CARDIO DRUMMING <i>Michelle(20)</i>	5:15-6:15pm PILATES <i>Liza (30)</i>	5:00-5:45pm PILATES <i>Marie(30)</i>	Asmby - Assembly Rm	◆New Class Name
	6:10-7:00pm PILATES <i>Marie (30)</i>		6:30-7:30pm ZUMBA <i>Selene (50)</i>		ARB - Aerobics B	□Time Change
6:30-7:30pm ZUMBA <i>Selene (50)</i>	6:00-7:00pm GENTLE YOGA <i>Cami (30) - Asmby</i>	6:40-7:40pm ZUMBA <i>Selene (50)</i>	6:00-7:00pm Yin Yoga <i>Cami (30) - Asmby Rm</i>	6:00-7:00pm *DANCE JAM <i>Selene & Michelle (50)</i>	GENERAL CLASS INFORMATION	
		6:00-7:15pm EXPRESS CYCLE <i>Deanna (30) - Asmby</i>			Fitness classes are designed for participants 15 years and older. Children 11 years and under are not permitted in fitness classes. Children ages 12-14 years wishing to attend the fitness class must be accompanied by a participating adult. Kiddy Korner is available for children 18mos - 7yrs while parent is on site. Valid daily pass or membership is required for use of this service.	

All group exercise classes are held in Aerobics Room A unless otherwise noted. Cycling classes are held in the cycling room in the rear of the building. Class sizes are limited. The instructor will collect all passes at the start of class. Closed toed shoes are required with the exceptions of yoga or Pilates classes. All classes, times, and instructors subject to change and/or cancellation. Please let the instructor know of any physical limitations or injuries prior to the start of class.

KIDDY KORNER HOURS: M-F: 8am-12pm & 4pm-8:15pm Saturday: 8am - 2pm Sunday: Closed

GROUP EXERCISE CLASS DESCRIPTIONS

Barre Fit: A full body, targeted toning class designed to create long, lean muscles using Ballet and Pilates inspired moves. Set to fun, upbeat music and incorporates small props to maximize calorie burn and muscle definition.

Bootcamp: A full body workout designed to build strength and endurance through a variety of group intervals. All levels welcome!!

Cardio Drumming: Find your inner Rock Star and drum your way fit. A fun, high energy, low impact, fat burning class using drumsticks and exercise balls that provides a full body workout.

Cardio Sculpt & Stretch: Looking to improve your strength, flexibility, and achieve your desired weight? Try 40 minutes of combined cardio and strength then finish with 20 minutes of stretching!

Core Fit & Toning: This class is designed to work your entire body through your core! This dance inspired body-sculpting method uses high-rep exercises that work your body in multiple angles calling on multiple muscles at once for an intense total body workout all while strengthening your core for lean, balanced body strength.

Dance Jam: A fun, easy to follow, high energy, cardio dance class that will help you blast calories and find your inner dancer!

Express Cycle: Get your cardio in with this 30 minute class designed for all levels. Variable rides will include hills, sprints and end with a stretch.

Gentle Yoga: This class will teach basic asanas, as well as introduce breathwork and relaxation techniques. Shoulders, hips and spines will be targeted as areas to open through slow, deep practice. This class is specifically designed for those individuals who want to bring movement and flexibility to their bodies in a balanced way.

Muscle Conditioning: A weighted workout to the rhythm of music, this class will help you get a cardio workout along with strength & endurance through the use of dumbbells, bands, and flex balls.

Pilates: This method of body conditioning is a unique blend of stretching and strengthening that will tone muscle, improve posture, provide flexibility and balance, unite the mind and body, and create a more streamlined shape. *Bringing your own yoga/Pilates mat is recommended for this class.*

Power Cycle: This unique hybrid cycle class incorporates additional interval and strength training into a traditional cycle format, allowing participants to build both cardio and strength.

Power Sculpt Fitness: This is a strength training and cardio class designed to strengthen and lengthen your entire body while burning tons of calories. Class includes resistance training, cardio intervals, and flexibility sequences in a unique way using weight, bosu balls, and more!

PrimeTime Fitness: This class is designed for men and women 55+ years old or those looking to expand their strength and flexibility at a more advanced level than the SilverSneaker program.

Sr. Drum : Cardio Drumming . A fun, high energy, low impact, fat burning class using drumsticks that provides a full body workout.

Step & Tone: This class combines cardio and strength training targeting different muscle groups. It's a total body workout designed to increase endurance and strength.

Super Circuit: Super Circuit is a varied, fast-paced combination of cardio and strength training. Move from station to station in one-minute intervals and get a total body workout. Beginners welcome.

Tabata: Tabata is an intense fitness class that works the entire body. Tabata training lasts four minutes following a pattern of 20 seconds of work; 10 seconds of rest that is repeated 4 times throughout the class.

Tone & Stretch: Class is designed to improve muscle strength, tone and flexibility, using a combination of Pilates and traditional toning methods. Learn how to build strength and define muscle using a variety of equipment each week which may include light weights, stability ball, thera bands, and foam roller. Each session will end with a full body stretch. Suitable for all levels.

Total Body Conditioning (TBC): This class focuses on exercises that simultaneously use multiple muscles and joints to improve muscular endurance, overall strength, coordination, balance, posture and agility. This class is guaranteed to give you a challenging, effective, and fun full-body workout!

Yin Yoga: Poses that apply moderate stress to the connective tissues of the body - the tendons, fascia, and ligaments - with the aim of increasing circulation in the joints and improving flexibility. Yin poses are held for longer periods of time - up to five minutes.

Yoga - All Level: This class will offer flowing sequences, relaxation, and meditation. Instructor provided adaptations make this class great for beginners, intermediates, and advanced yogis looking for a challenge. *Bringing your own yoga/Pilates mat is recommended for this class.*

Zumba: This fusion of Latin and international music will create a dynamic fitness environment that combines movements in an interval training approach through dance.

Zumba Gold: A low-impact, high energy dance fitness class with Latin and World rhythms.