



November Group Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 6:00 **						
7:00	STEP CARDIO Terry	Pilates Kathy	Kickbox Terry	Barre Blast Kathy	Pi-yo Terry	
8:00	Cardio Circuit Terry	Yoga Kathy	Bodyblast Terry	Yoga Kathy	Strength Circuit Tevin	Yoga Luba
9:00 9:30 Sat only	Cardio Dance Judith	Spin Roseanne	Cardio Dance Judith	Spin Roseanne	Line Dance Tami	
10:00	Awesome ABS Tami		Mobility Tevin		Mobility Tevin	SUNDAY ****
10:45	Restorative Yoga Kathy	Yoga Tami	Restorative Yoga Geri	Gentle Yoga Tami	Restorative Yoga Kathy	Yoga Geri
4:00PM						
5:30PM	Yoga Geri		Yoga Geri			

Class **Description** **Call 480-556-1949** **www.freedomfitnessroon.com**

Spinning

Cycle Fusion	50-minute cycling + full body sculpting all in one session! You will rock to the beats of an energized theme ride.
Spin	Spinning burns a ton of calories while increasing strength & cardiovascular endurance! Work at your own level. Certain spinning classes may focus on strength, intervals, and / or fat burning.

Zen

Yoga	Move through different postures and sequences linking breath to each movement. Creates energy & heat building flexibility & strength.
Pilates	A full hour of full body strengthening and lengthening the core, back, hips. Focus on non impact strengthening moves using light weights, body balls and other pilates apparatus. Great for all levels
PI-Yo	A dynamic pilates/yoga fusion class designed to give you the best of both worlds.
Power Yoga	This is an advanced, level 2 yoga class, designed to help build strength with continued practice.
Restorative Yoga	This is a gentle, therapeutic style of yoga that uses props to support the body and deepen the benefits of the poses. It is a soothing & nurturing practice that promotes the effects of conscious relaxation.

Group Fitness

Awesome ABS	A full 30 minutes of all abs.
Cardio Circuit	Tons of cardio including intense muscle conditioning through lunges, squats and isometric holds. Next add some challenging core exercise for some "cardio core" muscle work!
Line Dancing	A total dance workout, combining all elements of fitness – cardio, muscle conditioning, with great music.
Barre Blast	A ballet barre inspired workout . Low Impact but high on results.
Body Blast	Full body circuit class utilizing muscle confusion principles. Muscle tone, flexibility, balance and fat loss.
Booty Blast	30 min of intense , effective glutes and thigh work. Lift your bottom line !!!
Kickbox	Intense cardio workout. Upper and lower body workout. Kick, jab and punch your way to a healthy body.
P-45	45 fat blasting minutes of High Intensity Interval Training. Lean out and get strong and FIT in 45 min, with fun drills.