



November Group Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00	Kickbox*** Terry	Pilates Kathy	Zumba Strong Noelle	Yoga Kathy	Pi-Yo*** Terry	
8:00	Bodyblast*** Terry	HIIT Barre Sonia	BodyBlast*** Terry	HIIT Barre Sonia	Bodyblast*** Terry	Yoga Luba
9:00	Zumba Gold Noelle	Spin Nancy	Zumba Gold Noelle		Barre Sonia	
10:00						
10:45	Restorative Yoga Kathy	Yoga Geri	Restorative Yoga Kathy	Yoga Geri		
	** also on Zoom					

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

Abs/Arms Abs/Assots	Abdominal and upper body work Tuesday and Thursday Abs and lower half. Low impact, All levels
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.
Zumba Strong	Increase your endurance and strength while moving to the beat with a mixture plyometrics while moving to the beat.
Kickbox	Intense cardio workout. Upper and lower body workout. Kick, jab and punch your way to a healthy body.
Zumba Gold	Come join the party! Great dance fitness class inspired by latin beats and music from around the world.