

Red Light	Cancelled classes	Yellow Light	Need to increase class attendance	Green Light	New classes
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www.freedomfitnessaz.com **480-556-1949**

Group Fitness Schedule Troon **1/1/12**

Class	Level	Description
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Spinning

Spinning	All	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.
Video Spin	All	If you can't make it to one of our scheduled spin classes, please feel free to check out a spin video at the front desk & ride at your own pace & on your own time schedule. (Video spin is available when spinning classes are not in session).

Zen

Yoga	All	Move through different postures and sequences linking breath to each movement. Creates energy & heat building flexibility & strength.
Tai Chi	All	Great exercise to relax the mind and the body. Flow through exercises based on ancient chinese martial arts and self defense techniques. Helps improve joint and muscle stiffness.
Restorative Yoga	All	This is a gentle, therapeutic style of Yoga that uses props to support the body to deepen the benefits of the poses. It is a soothing nurturing practice that promotes the effects of conscious relaxation.
Yoga Fusion	All	A combination of many yoga styles implementing breath control and meditation. Build strength and flexibility while reducing stress & strain. Great for beginners!

Group Fitness

Cardio Circuit	All	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!
Boxing Circuit	All	High energy class combines elements of boxing drills, kicking and easy to follow combinations for a great upper and lower body challenge. It is advised that you please bring your own boxing gloves to class.
Butts/Guts	All	A 45 min. blast of powerful exercises! Come try it out for a total body workout. No class is ever the same!
Body Blast	All	Full body circuit class utilizing muscle confusion principles. Muscle tone, flexibility, balance and fat loss.
Bootcamp	Int/ Adv	Based on the military workouts. Plyometrics, various forms of resistance and LOTS of cardiovascular intervals. Great full body workout.
Zumba	All	Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away! Routines combine interval training with fast and slow rhythms, and resistance training to tone and sculpt your body while burning fat.

RockHard Abs **All levels** 30 Mins of all sorts of sbdominal work. Transverse, Obliques, and Rectus Abdominals all get work!!

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