



Group Fitness Schedule Troon 3/12/12

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Spinning				Spin Janele 6:00 AM			
					Spin 9:00 AM Elena		Spin 9:00am Elena
Yoga	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
							Yoga 8:00AM David
			Pi-yo 7:30am Paula		Pi-Yo 7:30am Paula		
		Restorative Yoga Geri 10:45am		Yoga Fusion Geri 10:45am	Tai Chi Dana 10:15	Restorative Yoga Geri 10:45am	
Group Fitness	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Boxing Amy 6:00am		
		Bodyblast Terry 8:00am	Butts/Guts Terry 8:30	Bodyblast Terry 8:00am	Rock Hard Abs Terry 8:30am	Cardio Circuit Janelle 8:00am	
		Zumba Christi 9:00am	Bootcamp Elena 9:00am	Zumba Christi 9:00am		Zumba Judith 9:00am	
	Express Stretch 10:00am Greg	Full Stretch 10:00am Greg	Get Your roll on Amy 10:00am			Zumba 10:00-11:00 am Ryan	
		Zumba 6:00pm Jackie					

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.
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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).
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Zen

Yoga	All	Move through different postures and sequences linking breath to each movement. Creates energy & heat building flexibility & strength.
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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.
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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.
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Express Stretch	All	A brief but focused stretch class. Great for joint flexibility and health. Increase your range of motion in all you joints and make movement easier. This class is 30 minutes long.
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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!
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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.
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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!
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Body Blast	All	Full body circuit class utilizing muscle confusion principles. Muscle tone, flexibility, balance and fat loss.
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Bootcamp	Int/ Adv	Based on the military workouts. Plyometrics, various forms of resistance and LOTS of cardiovascular intervals. Great full body workout.
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Zumba	All	Zumba uses 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.
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RockHard Abs		30 Mins of all sorts of sbdominal work. Transverse, Obliques, and Rectus Abdominals all get work!!
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Get on The Ball		Uses Medicine, Stability and Pi-yo balls. Bodyfat loss and Muscle endurance are a focus in the class Have a Ball !!!!
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