



# Group Exercise Schedule

*Classes for everyone at any skill level.*

**Gym Hours:** Monday – Friday, 5am – 10pm | Saturdays: 6am – 8pm | Sundays: 7am – 8pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>*FPF Compu</b> 6:00 – 7:30am Erik	<b>TRX</b> 6:30 – 7:15am Hope	<b>*FPF Compu</b> 6:00 – 7:30am Erik	<b>*FPF Compu</b> 6:00 – 7:30am Felicity	<b>*FPF Compu</b> 6:00 – 7:30am Ritch	<b>Indoor Cycling</b> 7:30 – 8:30am Lynnette	<b>Hatha Yoga</b> 11:00am – 12:30pm Jude
<b>Indoor Cycling</b> 6:30 – 7:30am Mary	<b>*FPF Compu</b> 7:00 – 8:30am Felicity	<b>Indoor Cycling</b> 6:30 – 7:30am Mary	<b>TRX</b> 6:30 – 7:15am Hope	<b>Indoor Cycling</b> 6:30 – 7:30am Lynnette	<b>Tabata Core</b> 8:50 – 9:50am Olivia	
<b>Mat Pilates</b> 8:00 – 8:55am Sutat	<b>Tabata</b> 9:00 – 9:45am Lauren	<b>Iyengar Yoga Plus</b> 8:30 – 9:35am Christa	<b>Aerial Yoga</b> 7:45 – 8:45am Katie	<b>Mat Pilates</b> 8:30 – 9:25am Sutat	<b>Prana Yoga</b> 11:10am – 12:30pm Sutat	
<b>Iyengar Yoga Plus</b> 9:00 – 10:15am Christa	<b>Indoor Cycling</b> 9:30 – 10:30am Michael	<b>Zumba!</b> 9:40 – 10:40am Rommy	<b>Tabata</b> 9:00 – 9:45am Lauren	<b>Indoor Cycling</b> 9:30 – 10:30am Rudy	<b>*Accelerate Youth</b> 1:00 – 1:30pm Adam	
<b>Zumba</b> 10:30 – 11:30am Rommy	<b>Cardio, Core &amp; More!</b> 9:55 – 11:05am Syndee	<b>Mat Pilates</b> 10:45 – 11:45am Sutat	<b>Indoor Cycling</b> 9:30 – 10:30am Michael	<b>Zumba</b> 9:30 – 10:30am Fernanda		
<b>TRX</b> 12:00 – 12:50pm Andre	<b>Stability &amp; Mobility</b> 11:10am – 12:00pm Sutat	<b>TRX</b> 12:00 – 12:50pm Andre	<b>Cardio, Core &amp; More!</b> 9:55 – 10:55am Syndee	<b>Hatha Yoga</b> 10:30am – 12:00pm Jude		
<b>In Alignment</b> 5:00 – 6:00pm Jude	<b>Slow Flow Power Yoga</b> 5:00 – 5:55pm Olivia	<b>In Alignment</b> 5:00 – 6:00pm Jude	<b>Prana Yoga</b> 11:00am – 12:15pm Sutat	<b>Slow Flow Power Yoga</b> 5:00 – 5:55pm Olivia		
<b>Power Hour</b> 6:10 – 7:00pm AJ	<b>*Accelerate Youth</b> 5:10 – 6:10pm Adam	<b>*Salsa-Reggae Dance</b> 6:15 – 7:10pm Efren	<b>Stability &amp; Mobility</b> 5:00 – 6:00pm Sutat	<b>*Latin-Flow Dance</b> 6:15 – 7:10pm Efren		
<b>*Shotokan Karate</b> 7:00 – 8:30pm Nicolo	<b>Indoor Cycling</b> 5:30 – 6:30pm Michael	<b>*FPF Compu</b> 6:30 – 8:00pm Felicity	<b>Indoor Cycling</b> 5:30 – 6:30pm Michael	<b>*Shotokan Karate</b> 7:15 – 8:30 pm Nicolo		
	<b>Shred It Up!</b> 6:05 – 7:00pm Kristina	<b>*Shotokan Karate</b> 7:15 – 8:30pm Nicolo	<b>Power Hour</b> 6:10 – 7:00pm AJ			<b>*Special Class Package</b> <i>First time class is complementary!</i>
			<b>*Boxing Technique</b> 7:15 – 8:15pm Gamal			

Updated June 2019



# Class Descriptions

*Classes for everyone at any skill level.*

**Gym Hours:** Monday – Friday, 5am – 10pm | Saturdays: 6am – 8pm | Sundays: 7am – 8pm

<p><b>Aerial Yoga</b> Aerial yoga uses a hammock or yoga swing to allow students to perform postures that they may not ordinarily be able to do on a mat. Aerial yoga combines traditional yoga with moves inspired by Pilates and acrobatics.</p>	<p><b>Indoor Cycling</b> Classes take you through hill climbs, sprints, pacing, and intervals for an energetic cardiovascular workout. The instructor provides motivation and basic technique and set-up.</p>	<p><b>Salsa-Reggae Dance</b> A dance workout that mixes traditional and popular movement with music mainly from Cuba, Puerto Rico, and Colombia. It includes an energetic low-high intensity progressive choreography for all dance and fitness levels.</p>
<p><b>Accelerate Youth</b> This one hour, all-inclusive workout designed to improve kid's and teen's performance, smash goals, and increase their self esteem and confidence.</p>	<p><b>Iyengar Yoga Plus</b> Based on the teachings of BKS Iyengar, yoga poses which focus on accurate alignment of the body.</p>	<p><b>Shotokan Karate</b> This class is a formal traditional Japanese Martial Art focused on training mind, body and spirit. Through strong and progressive training one will: seek the perfection of character, which is the ultimate objective of Karate.</p>
<p><b>Bootcamp</b> A high intensity workout to increase strength and cardiovascular endurance! Build muscle tone and burn body fat in this high energy workout.</p>	<p><b>Latin Flow Dance</b> This class is very similar to Zumba, but with an added twist from Master Instructor Efren Buzzo.</p>	<p><b>Shred It Up</b> Shred it UP is a 45-minute high-intensity interval plyometric-based workout, designed to improve your performance and build a lean body.</p>
<p><b>Boxing Technique</b> This class will teach you proper boxing form, Burn calories, improve balance, hand/eye coordination, increase muscular endurance, relieve stress with heavy bag drills, focused mitt work, partner drills and cardio shadow boxing.</p>	<p><b>Mat Pilates</b> Floor based Pilates exercises emphasize core abdominal and back strength. Steady controlled movements develop balance and posture while toning muscles.</p>	<p><b>Slow Flow Power Yoga</b> Focus on building strength, deepening the breath, and clearing the mind.</p>
<p><b>Cardio, Core &amp; More</b> All the bases are covered in this class including: high energy step, dance, cardio drills, strength training, core and stretching. Burn calories, improve physical agility, tone and tighten your lower body and abs, all while having fun.</p>	<p><b>Parkinson's Class</b> Research-based and integration of meaningful movements as seen through the eyes of a physical therapist specializing in Parkinson's.</p>	<p><b>Stability &amp; Mobility</b> Improves aches and pains through corrective exercises.</p>
<p><b>FBF CompuTraining</b> Improve your Fitness, Strength and Power for road riding by training on your own bike. We can train you for a specific competition or in general.</p>	<p><b>Power Hour</b> Total body, heart pumping, aerobic and strength conditioning workout. It involves short intervals of maximum effort, followed by longer intervals. Weighted resistance, body resistance, and cardio movements will be incorporated.</p>	<p><b>Tabata / Tabata Core</b> Tabata will push you to the max and test your limits by alternating 20 seconds of high intensity training followed by 10 seconds of rest or active recovery.</p>
<p><b>Hatha Yoga</b> A well rounded class of standing and seated yoga postures.</p>	<p><b>Prana Yoga</b> Traditional yoga poses with an emphasis on deep breathing.</p>	<p><b>TRX</b> Build your core strength, your endurance, improve your balance, increase your flexibility. Have fun doing it!</p>
<p><b>In Alignment</b> Core strength training combined with postural assessment. Realign through movement and relieve your aches and pains.</p>		<p><b>Zumba</b> Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life.</p>