



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
*FPF Compu 6:00 – 7:30am Erik	TRX 6:30 – 7:15am Hope	*FPF Compu 6:00 – 7:30am Erik	*FPF Compu 6:00 – 7:30am Felicity	*FPF Compu 6:00 – 7:30am Ritch	Indoor Cycling 7:30 – 8:30am Lynnette	Hatha Yoga 11:00am – 12:30pm Jude
Indoor Cycling 6:30 – 7:30am Mary	*FPF Compu 7:00 – 8:30am Felicity	Indoor Cycling 6:30 – 7:30am Mary	TRX 6:30 – 7:15am Hope	Indoor Cycling 6:30 – 7:30am Lynnette	Tabata Core 8:50 – 9:50am Olivia	
Mat Pilates 8:00 – 8:55am Sutat	Tabata 9:00 – 9:45am Lauren	Iyengar Yoga Plus 8:30 – 9:35am Christa	Tabata 9:00 – 9:45am Lauren	Mat Pilates 8:30 – 9:25am Sutat	Bootcamp 10:00 - 10:55am Rain	
Iyengar Yoga Plus 9:00 – 10:15am Christa	Indoor Cycling 9:30 – 10:30am Lauren	Zumba! 9:40 – 10:40am Rommy	Indoor Cycling 9:30 – 10:30am Lauren	Indoor Cycling 9:30 – 10:30am Lauren	Prana Yoga 11:10am – 12:25pm Sutat	
Zumba 10:30 – 11:30am Rommy	Cardio, Core & More! 9:55 – 11:05am Syndee	Mat Pilates 10:45 – 11:45am Sutat	Cardio, Core & More! 9:55 – 10:55am Syndee	Zumba 9:30 – 10:30am Fernanda	*Accelerate Youth 1:00 – 1:30pm Adam	
TRX 12:00 – 12:50pm Andre	Stability & Mobility 11:10am – 12:00pm Sutat	TRX 12:00 – 12:50pm Andre	Prana Yoga 11:10am – 12:05pm Sutat	Hatha Yoga 10:30am – 12:00pm Jude		
Tabata Core 1:00-2:00pm Olivia	Slow Flow Power Yoga 5:00 – 5:55pm Olivia	In Alignment 5:00 – 6:00pm Jude	Stability & Mobility 5:00 – 6:00pm Sutat	Slow Flow Power Yoga 5:00 – 5:55pm Olivia		
In Alignment 5:00 – 6:00pm Jude	*Accelerate Youth 5:10 – 6:10pm Adam	Zumba 6:15 – 7:10pm Susan	Indoor Cycling 5:30 – 6:30pm Michael	*Shotokan Karate 7:15 – 8:30 pm Nicolo		
Power Hour 6:10 – 7:00pm Jerson	Indoor Cycling 5:30 – 6:30pm Michael	*FPF Compu 6:30 – 8:00pm Felicity	Power Hour 6:10 – 7:00pm Jerson			
*Shotokan Karate 7:00 – 8:30pm Nicolo	Shred It Up! 6:05 – 7:00pm Rain	*Shotokan Karate 7:15 – 8:30pm Nicolo				*Special Class Package <i>First time class is complementary!</i>
						Updated February 2020



Class Descriptions

Classes for everyone at any skill level.

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

Accelerate Youth

This one hour, all-inclusive workout designed to improve kid's and teen's performance, smash goals, and increase their self esteem and confidence.

Bootcamp

A high intensity workout to increase strength and cardiovascular endurance! Build muscle tone and burn body fat in this high energy workout.

Cardio, Core & More

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.

FPF CompuTraining

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.

Hatha Yoga

Hatha is a general category that includes most yoga styles. It is a system that includes the practice of yoga postures and breathing exercises, which help bring peace to the mind and body, preparing the body for deeper spiritual practices such as meditation.

Zumba

Zumba 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.

Salsa-Reggae Dance

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.

Indoor Cycling

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.

Iyengar Yoga Plus

Based on the teachings of BKS Iyengar, yoga poses which focus on accurate alignment of the body.

Mat Pilates

Floor based Pilates exercises emphasize core abdominal and back strength. Steady controlled movements develop balance and posture while toning muscles.

Power Hour

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.

Prana Yoga

The deep, intentional breathing which accompanies the poses removes energetic blockages and serves to purify the body, increasing prana flow.

TRX

TRX is a form of suspension training that uses body weight exercises to develop strength, balance, endurance, flexibility and core stability simultaneously

Shotokan Karate

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.

Shred It Up

A 45-minute high-intensity interval plyometric-based workout, designed to improve your performance and build a lean body. SHRED it UP takes cutting edge HIIT and combines it with powerful music and inspirational coach who will be down on the floor with you motivating and instructing you to get fit.

Slow Flow Power Yoga

Focus on building strength, deepening the breath, and clearing the mind.

Stability & Mobility

Improves aches and pains through corrective exercises.

Tabata

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.

Tabata Core

Work your glutes, abs and back at your own pace and impact level during each one minute round followed by 15 seconds of rest. High energy and great music will make you sweat and feel fantastic the rest of the day! Modifications and different levels are provided for every exercise.

In Alignment

Core strength training combined with postural assessment. Realign through movement and relieve your aches and pains. This popular class strengthens, stretches, and tones.