FRISCO ATHLETIC CENTER GROUP EXERCISE SCHEDULE

Play FRISCO

April 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15am Studio 1 & 2		**Ultimate Conditioning** Emmi	**Cardio & Core** Elizabeth	**Total Body Strength** Elizabeth	**Active Yoga 50/50** Emmi	***6:45am*** **Strength + 15min Stretch** Elizabeth	
5:15am Gold Medal Room	**Cycle** Elizabeth		**Cycle** Melissa		**Cycle** Elizabeth		
8:30am Studio 1 & 2	**!KICK-HRD! + BARBELL** Kelli G	**Strength/HIIT** Melissa	**Ultimate Conditioning** Emmi	**Tabata** Karen	**HIGH/Low Fitness** McKelle	**HIIT•MIX** Deb	
8:30am Gold Medal Room		**Cycle** Louise		**Cycle** Louise		**Cycle** Louise	
9:45am Studio 1 & 2	**Total Body Strength** Lauren	**STEP•BATA** Deb	**!LIFT-BURN! + 15 mins of Glutes & Core** Kelli G	**Cardio Kickboxing** Melanie	**LIFT•HIIT** Deb	**HIGH Fitness** McKelle/Rachel	***10:15am*** **Pilates** Grace
9:45am Gold Medal Room	**Cycle !HIIT-HRD!** Kelli G				**Cycle** Lauren	***10am*** **Zumba/ Latin Dance** Andrea Begins April 10th	***3:00pm*** **Yoga** Grace
9:45am The Zone	**Pilates** Grace	**Athletic Pilates** Louise	**Barre Fusion** Grace	**Pilates** Louise	**Restorative Yoga** Grace		
QUEENAX			**10:45am** Jody				
11:00am The Zone	**Tai Chi/Qi Gong** Grace		**Tai Chi/Qi Gong** Grace			**IF SHADED GREY, GRAB A PASS BEFORE CLASS**	
11:15am Studio 1 & 2	**PiYo** Karen	**Barbell Strength** Jody		**HIIT** Jody	**Barre Fusion** Grace	**PASSES ARE AT THE FRONT DESK**	
5:45pm Gold Medal Room		**STEEL + IGNITE** Casey					
6:15pm Studio 1 & 2	**Flex Burn** Marie	**HIGH Fitness** McKelle	***5:30pm*** **Pilates/Yoga** Grace	**Hip Hop Dance** Rachel			
7:45pm Studio 1 & 2	***7:30pm*** **Flow Yoga** Nini Begins April 19th	***7:30pm*** **Pilates** Nini Begins April 20th	***6:30pm*** **Yin Yoga** Grace	**Gentle Yoga** Bob			

PlayFrisco.org/FAC

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CARDIO/DANCE

Hip Hop Dance - Cardio Class set to your favorite hip hop tracks both old and new. Dancers and non-dancers alike will love his class for the amazing energy, fun music, and steady state cardio burn. Each class features a warm up, a hip hop combo, and increasing intensity level of the moves. Try it AT LEAST once and you will be hooked!

Turbo Kick® - This interval-based, full body workout includes a sports-specific warm-up, followed by higher paced intervals, kickboxing specific strength/endurance training and then finishes with a mind/body cool down.

HIGH Fitness® - New fitness experience that combines simple, modern fitness techniques (i.e. HIIT, plyometrics, etc.) with music you know and love.

HIGH/Low Fitness® - A low impact aerobics experience based on traditional aerobics principles. This action packed, full body blast will challenge you all the while keeping it LOW. HIGH/Low uses cardio and toning tracks choreographed with simple fitness moves that result in a high energy, fun and effective group fitness class that will keep you coming back for more!

COMBO - CARDIO AND STRENGTH

Tabata - High intensity interval training style that burns fat and gets you fit fast. Increase your metabolism, muscular strength and endurance, and burn calories even after you leave class.

Ultimate Conditioning - This interval-based class will improve cardiovascular and muscular endurance. Intervals will incorporate body weight, weights, cardio drills and minimal choreography.

Total Body Strength - This low-impact class will improve muscular strength, increase metabolism, endurance, flexibility, balance, and coordination. Exercises will increase lean muscle by focusing on bodyweight, equipment, and large muscle group exercises using a variety of weights.

Barbell Strength - Free weight training class that uses barbells to bring dynamic weight training into the group fitness room.

Tone & Stretch - Tone your body with light resistance and work your muscles to move better, bend more easily and reach higher. Stretch to the next level and relax.

PiYo® - This fun and challenging class is designed to build strength and gain flexibility. It provides the perfect fusion of intense choreography, core strength, and power. It includes modifications so everyone can participate, yet offers progressions to challenge the more advanced.

Pilates - This total body conditioning routine uses a variety of equipment to help participants move with ease and grace to improve core stability, range of motion, flexibility, and strength.

!KICK-HRD! + BARBELL - A Fast Paced Strength/Kickbox HIIT class. Designed to burn max calories and build lean muscle.

Flex Burn - Increase your athletic performance with interval strength based training and cardio bursts.

!LIFT-BURN! - A fast paced strength class with added cardio surges. Designed to keep the heart rate high while lifting weights. PLUS glute and core work.

STEP•BATA - A fun, high energy Step workout mixed with Tabata strength intervals for a FULL body workout! All levels welcome.

LIFT•HIIT - A dynamic, high energy FULL body Strength class. Increase muscular strength and amp up metabolism by using barbells &dumbbells with HIIT bursts sprinkled through out! All levels welcome.

HIIT•MIX - Burn fat, build muscle and improve strength during this high energy class! HIIT & Circuit intervals mixed with power-packed kickboxing within high intensity cardio bursts. A fast-paced, high intensity, FULL body workout!

STEEL + IGNITE - A 15 min quick warm-up ride, then 30 min weight training circuit, followed by 15 mins of core and stretching

YOGA

Active Yoga 50/50 - First half of class will be spent doing light cardio/weights to get warm. Last half of class will be longer stretches and yoga postures working on flexibility, mobility and range of motion. **Wear athletic shoes** and bring a yoga mat. Perfect recovery class after a long week!

Yoga: Beginner/Gentle Yoga - Learn relaxation technique through stretching, bending, and twisting. Improve flexibility, strength and balance while reducing stress and improving cardiovascular health and your sense of well-being.

Tai Chi/Qi Gong - Improve balance, agility, strength, and coordination performing a series of slow, focused movements accompanied by deep breathing.

Yin Yoga - Works deep into the connective tissues to activate change at that deepest level. The postures work into the energy flows, or meridians, of the body.

INDOOR CYCLE

Cycle - Indoor cycling that provides a high-energy workout for cardiovascular, strength and endurance while keeping joint impact to a minimum.

QUEENAX

QUEENAX - Melt fat, boost metabolic fire, and sculpt lean, powerful muscles with this high intensity, fun circuit. Located at the Queenax structure utilizing TRX bands, Cross Core units, punching bags,

BARRE

Barre Fusion - a low impact workout with toning, sculpting, and ballet inspired moves to strengthen the large and small muscle groups.

FAC GROUP EXERCISE CLASSES ARE INCLUDED WITH A MEMBERSHIP. MEMBERS 13-15 YEARS OLD ARE WELCOME WHEN ACCOMPANIED BY AN ACTIVELY PARTICIPATING ADULT. 16 YEAR OLDS & UP CAN ATTEND BY THEMSELVES. CLASS FORMATS MAY VARY BY INSTRUCTOR. CLASS SCHEDULE IS SUBJECT TO CHANGE INCLUDING LISTED INSTRUCTORS, TIMES, DAYS, FORMATS, AND CANCELLATIONS.