



# July

# 2022

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   | SATURDAY   | SUNDAY  |  |
|---|--|--|---|--|--|---|--|
| <p><b>5:15am</b><br/>Cycle<br/>Elizabeth D.</p> <p><b>9:30am</b><br/>Total Body Strength<br/>Lauren</p> <p><b>9:30am</b><br/>Cycle <b>!LIFT-HRD!</b><br/>Kelli G</p> <p><b>11am</b><br/>Tai Chi/Qi Gong<br/>Grace</p> <p><b>11:15am</b><br/>Tabata<br/>Karen</p> <p><b>12pm</b><br/>Pilates<br/>Grace</p> | <p><b>5:15am</b><br/>Ultimate Conditioning<br/>Emmi</p> <p><b>8:30am</b><br/>Surge Fit®<br/>McKelle</p> <p><b>8:30am</b><br/>Power Spin<br/>Louise</p> <p><b>9:45am</b><br/>Bolly-Beats<br/>Preet</p> <p><b>9:45am</b><br/>Pilates Fusion<br/>Louise</p> <p><b>11:15am</b><br/>Barbell Strength<br/>Jody</p> | <p><b>5:15am</b><br/>Cycle<br/>Elizabeth D.</p> <p><b>8:30am</b><br/>Barre Sculpt<br/>McKelle</p> <div style="border: 1px solid orange; padding: 5px; width: fit-content;"> <p><b>9:45am</b><br/><b>!LIFT-BURN!</b><br/>Kelli G</p> </div> <p><b>10:45am</b><br/>Queenax<br/>Jody</p> <p><b>11am</b><br/>Steel + Ignite<br/>Casey</p> <p><b>11:15am</b><br/>Tai Chi/Qi Gong<br/>Grace</p> <p><b>12:15pm</b><br/>Barre Fusion<br/>Grace</p> | <p><b>5:15am</b><br/>Total Body Strength<br/>Elizabeth D.</p> <p><b>8:30am</b><br/>PiYo®<br/>Karen</p> <p><b>8:30am</b><br/>Power Spin<br/>Louise</p> <p><b>9:45am</b><br/>Strength Circuit<br/>Jody</p> <p><b>9:45am</b><br/>Pilates Fusion<br/>Louise</p> <p><b>11am</b><br/>Stretch &amp; Recover<br/>Jody</p> | <p><b>5:15am</b><br/>Cycle<br/>Elizabeth D.</p> <div style="border: 1px solid orange; padding: 5px; width: fit-content;"> <p><b>8:30am</b><br/><b>!FiNiSH-HRD!</b><br/>Kelli G</p> </div> <p><b>9:30am</b><br/>Spin-Cycle + 15min Flow &amp; Stretch<br/>Lauren</p> <p><b>9:45am</b><br/>High/Low Fitness<br/>McKelle</p> <p><b>10:45am</b><br/>Queenax<br/>Toi</p> <p><b>11am</b><br/>Tai Chi/Qi Gong<br/>Grace</p> <p><b>12pm</b><br/>Restorative Yoga<br/>Grace</p> | <p><b>6:45am</b><br/>Strength + 15min Stretch<br/>Elizabeth D.</p> <p><b>8:30am</b><br/>HIIT<br/>Elizabeth D. &amp; Kelli G<br/><b>*NO CLASS 7/9*</b></p> <p><b>8:30am</b><br/>Cycle Core Blast<br/>Louise</p> <p><b>9:45am</b><br/>HIGH Fitness<br/>Mckelle</p> <p><b>10am</b><br/>Steel + Ignite<br/>Casey</p> <p><b>11:00am</b><br/>Bellydance Technique<br/>Elizabeth P.</p> | <p><b>Key:</b></p> <p><b>Gold Medal Studios Queenax</b></p> <div style="border: 1px solid orange; padding: 5px; width: fit-content;">  <p>Indicates pass required. Passes are located at the Fitness Desk.</p> </div> <div style="border: 1px solid orange; padding: 5px; width: fit-content;"> <p>Indicates Gold Medal room and Studio 1&amp;2.</p> </div> <div style="text-align: center;">  <p>SCAN THE QR CODE TO SIGN UP FOR GROUP EXERCISE UPDATES!</p> </div> |  |
| <p><b>5pm</b><br/>Tai Chi/Qi Gong<br/>Grace</p> <p><b>5pm</b><br/>Cardio Dance<br/>Kelly</p> <p><b>6pm</b><br/>Steel + Ignite<br/>Casey</p> <p><b>6:15pm</b><br/>Flex Burn<br/>Marie</p> <p><b>7:30pm</b><br/>Yoga<br/>Megan</p>  | <p><b>5:15pm</b><br/>Bellydance Aerobics<br/>Elizabeth P.</p> <p><b>6:15pm</b><br/>High Fitness<br/>McKelle</p> <p><b>7:30pm</b><br/>Yoga<br/>Megan</p>  | <p><b>5pm</b><br/>Pilates/Yoga<br/>Grace</p> <p><b>5:30pm</b><br/>Cardio Dance<br/>Kelly</p> <p><b>6pm</b><br/>Restorative Yoga<br/>Grace</p> <p><b>7pm</b><br/>Steel + Ignite<br/>Casey</p>   | <p><b>5:45pm</b><br/>Bellydance Aerobics<br/>Elizabeth P.</p> <p><b>7:30pm</b><br/>Bolly-Beats<br/>Preet</p> <p><b>7:30pm</b><br/>Gentle Yoga<br/>Bob</p>   | <p><b>The Zone Announcement</b> </p> <p><b>As of May 23rd, Group Ex classes in The Zone will be temporarily relocated for the summer due to Camp Play Frisco.</b></p> <p><b>*Camp Play Frisco: 5/23 - 8/5</b></p>   |  |   |  |

## HYBRID – STRENGTH & CONDITIONING

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

**FINISH-HRD!** – A fast-paced cardio + strength class that includes a mega-mix of kickboxing, HIIT, weights, and cycle sprints.

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

**Total Body Strength** – This low-impact class will improve muscular strength, endurance, flexibility, balance, and coordination. The exercises in this class will help stimulate lean muscle growth by focusing on performing large muscle group exercises using a variety of weights.

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

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

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

**Strength Circuit:** This class will use simple and compound movements with weights at intervals of 45 seconds long.

## FULL BODY

**QUEENAX** – Located at the Queenax structure utilizing TRX bands, PlyoSoft boxes, punching bags, tires and more. All levels welcome with modifications provided.

**Tabata** – HIIT style class that alternates periods of intense "all-out effort" exercises with short recovery periods to help improve endurance.

**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.

**Pilates Fusion** – 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.

**Stretch & Recover** – The instructor will lead you through a series of stretches to help your flexibility, range of motion, balance, and posture. This class is for all fitness levels.

## BARRE

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

**Barre Sculpt** – Low-impact barre workout using light dumbbells and/or bodyweight. This music driven barre class is fun and upbeat!

## HIIT, CARDIO, & DANCE

**Surge Fit®** – HIIT Cardio & Weight Training set to music you know and love!

**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®** – This full-body workout will challenge you while keeping impact LOW. HIGH/Low pairs simple fitness moves with fun music to create an effective group exercise class.

**Bollybeats** – Cardio dance fitness class with a fusion of fun filled Bollywood routines set to popular Bollywood, Latin and Pop music.

**Bellydance Aerobics** – This class will get your heart pumping and hips shaking. Have tons of fun while getting fit! All levels are welcome.

**Bellydance Technique** – Learn the fundamentals and basics of Bellydancing! Perfect for beginners – all levels are welcome.

**Bellydance Breakdown** – Get the best of both worlds: Learn to Bellydance while putting the moves together in fun Bellydance Aerobics routines for a cardio boost!

## INDOOR CYCLE

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

**Cycle !LIFT-HRD!** – This class has intense cycle segments mixed with weight training.

**SPIN-CYCLE** – Kick your weekend off with a fun, fast, Friday ride. Each week a different theme or focus will challenge you by incorporating upper body, core & lower body work. Leave class feeling sweaty, strong & energized! All levels welcome.

**Cycle Core Blast** – Previously named "Trifecta," this class includes 45 minutes of cycle, 20 minutes of core work. and 10 minutes of yoga that focuses on stretching – all on a Saturday morning with time to get it everything in. \*Now with 15 extra minutes of spin!

## 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.

*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.*