

# FRISCO ATHLETIC CENTER GROUP FITNESS SCHEDULE



# May 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>5:15 AM</b> Studio Instructor	Fit Cycle Gold Medal Elizabeth	Ultimate Conditioning Studio 1 & 2 Emmi	Total Body Cycle Gold Medal Lauren	Total Body Strength Studio 1 & 2 Lauren	Fit Cycle Gold Medal Elizabeth	Classes shaded gray require pass.	Pick up a pass at the front desk 30 minutes prior to class start time.
<b>5:15 AM</b>	Tabata Studio 1 & 2 Lori		Circuit Training Studio 1 & 2 Elizabeth			Squeeze in 15ABS every Tue/Thu at 10:30a and Sat at 9:30a	
<b>8:15 AM</b>	Ultimate Conditioning Studio 1 & 2 Emmi	HIIT Studio 1 & 2 Elizabeth	Barbell Strength Studio 1 & 2 Kelli G	Circuit Training Studio 1 & 2 Elizabeth	!HiIT-HRD! Studio 1 & 2 Kelli G	Total Body Strength Studio 1 & 2 Elizabeth	<b>Check it Out!</b>
<b>8:15 AM</b>	Fit Cycle Gold Medal Louise	Tone & Stretch Grace	Fit Cycle Gold Medal Louise	Yoga Gold Medal Grace	High Fitness Gold Medal McKelle	!HiIT-RPM! 75 Gold Medal Kelli G 15ABS 9:30 - 9:45a	
<b>9:30 AM</b>	Total Body Strength Studio 1 & 2 Lauren	20/20/20 Studio 1 & 2 Deb	Step-Bata Studio 1 & 2 Deb	Total Body Strength Studio 1 & 2 Elizabeth	FXFT Studio 1 & 2 Deb	Step-Bata Studio 1 & 2 Deb	 <b>Play Queenax</b> May 18th 9:30a-10:30a \$15/class See back page for more details.
<b>9:30 AM</b>	Yoga Gold Medal Louise	!HiIT-RPM! CYCLE Gold Medal Kelli G 15ABS 10:30 - 10:45a	Yoga Sculpt Gold Medal Louise	!HiIT-RPM! CYCLE Gold Medal Kelli G 15ABS 10:30 - 10:45a	Yoga- Level 1-2 10:05am Gold Medal Joyce	Yoga- Level 1-2 10:05am Gold Medal Joyce	
<b>10:45 AM</b>	Ultimate Conditioning Studio 1 & 2 Jody	Total Body Strength Studio 1 & 2 Jody	 P90X Live® Studio 1 & 2 Karen	Tabata Studio 1 & 2 Jody	Strength Circuit Studio 1 & 2 Dana	Pilates Fusion 11:15am Gold Medal Nini	
<b>10:45 AM</b>	Tai Chi/Qi Gong Gold Medal Grace	Piyo Live® 11am Gold Medal Karen	Tai Chi/Qi Gong Gold Medal Grace	Piyo Live® 11am Gold Medal Karen		High Fitness® 11am Studio 1 & 2 McKelle	
<b>Noon</b>	Pilates Studio 1 & 2 Grace	Barre Fusion Studio 1 & 2 Grace	Zumba® Studio 1 Andrea	Barre Fusion Studio 1 & 2 Grace	Pilates Studio 1 & 2 Grace		Piyo Live® 1pm Studio 1 & 2 Karen / Janine
<b>Noon</b>			Pilates Gold Medal Grace				Yoga 3pm Studio 1 & 2 Grace
<b>4:30 PM</b>	Zumba® Studio 1 & 2 Sara	Piyo Live® Studio 2 Janine	 Max Sweat Studio 1 & 2 Natonia	Yin Yoga Gold Medal Grace	<p><b>PERSONAL TRAINING</b></p> <p><b>SINGLE SESSIONS</b></p> <p>30 MINUTE \$ 40 45 MINUTE \$ 50 1 HOUR \$ 60</p> <p><b>PARTNER SESSIONS</b></p> <p>45 MINUTE \$ 75 1 HOUR \$ 90</p>		
<b>4:30 PM</b>		Tai Chi Gold Medal Grace	Yin Yoga Gold Medal Grace				
<b>5:45 PM</b>	Flex Burn Studio 1 & 2 Marie	Zumba® Studio 1 & 2 Andrea	Flex Burn Studio 1 Marie	Zumba® Studio 1 Andrea			
<b>5:45 PM</b>		Fit Cycle Gold Medal Erricka		Fit Cycle Gold Medal Erricka			
<b>7:00 PM</b>	50/50 Step-N-Strength Studio 1 & 2 Stacie	Sculpt Power Yoga Studio 1 & 2 Natori	Tabata Studio 1 & 2 Nini	Pilates Fusion Studio 1 & 2 Nini			
<b>8:00 PM</b>	Yoga Studio 1 & 2 Dayna	Yoga Studio 1 & 2 Natori	Yoga Studio 1 & 2 Natori	Yoga- Beginner Studio 1 Bob G			

# PLAYFRISCO.ORG

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# Group Fitness Class Descriptions

## Cardio Dance

**Zumba®** - Dance, burn calories, tone muscles and have fun!

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

## Combo - Cardio and Strength

**Tabata / HIIT** - High Intensity Interval Training burns fat and gets you fit fast. Increase your metabolism, muscular strength and endurance, and burn calories even after you leave class.

**Max Sweat** - Spike your heart rate by doing Tabata drills, then transition into strength training using a combo of weights, balls, gliders, etc. This class is focused on getting you to that Max Heart rate effort doing cardio drills combined with strength training. All levels welcome!

**FXFT- (Functionally Fit)** - Functional training, weights and HIIT training all wrapped up into this full body workout utilizing weights, steps, and your own body's resistance, to give you a workout from head to toe. All levels welcome.

**Step-Tabata** - Traditional Step and Tabata combined into one amazing workout! Alternating intervals of basic/intermediate step choreography with Tabata. All levels welcomed.

**50/50 Step-N-Strength** - This class format combines cardio and muscular strength/endurance. The first half of the hour focuses on basic to intermediate step combos, and the 2nd half focuses on basic barbell strength by exercising all of the major muscle groups.

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

**20/20/20** - 20 minutes of tabata, 20 minutes of Pure Strength training, 20 minutes of cardio mix (kickboxing, step, drills). You will leave feeling energized and strong! All levels welcomed!

**P90X Live®** - A total body strength and conditioning class that helps you build lean muscle and condition your entire body by working your upper body, lower body, and core using light to moderate weights. Core work trains your body for functional stability and every class has a cardio section to get your heart rate pumping for a cardio-conditioning boost. It's for all fitness levels.

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

**Circuit Training** - Stations will be used in this class utilizing Bosu balls, exercise balls, mats, weights, steps and bands.

## Strength

**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.

**Strength Circuit** - A total body strength workout that utilizes a variety of equipment and bodyweight to improve strength and muscular endurance. All major muscle groups will be challenged as you work through circuits that include upper body, lower body, combination, and core exercises.

**Barbell Strength / HIIT** - is a 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 Live®** - 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.

**Barre Fusion** - Change up your routine with functional strength, Pilates and yoga combination. Use a variety of equipment for isometric strength training and targeted core work. Class is barefoot or with yoga socks.

## Indoor Cycle

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

**!Hiit-RPM!** - High energy cardio class with variations of HIIT drills that include speed, tension and at times weights and abs. This athletic conditioning class will break through plateau's and burn maximum calories. **!Hiit-RPM! & !Hiit-RPM! 90** incorporates additional minutes of abs and arms strength exercises.

**Total Body Cycle** - Indoor cycling that provides a high-energy workout for cardiovascular, strength and endurance while keeping joint impact to a minimum. Get off the bike in the last quarter of class for a total body strength training session.

## Yoga

**Yoga** - This class leads students through various yoga styles and postures aimed to increase overall body awareness. Classes progress up to Level 3 by increasing difficulty of poses, speed of flow, and knowledge of yoga terminology.

**Yoga Sculpt** - This high-intensity class integrates yoga postures with light weights to increase lean muscle mass, coordination and cardiorespiratory strength and endurance. It is a full-body workout that tones your muscles and clears your mind.

**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. This class will make you feel relaxed and energized.

**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 Fitness Schedule classes are included with FAC membership. Members 13-15 years old are welcome when accompanied by a participating adult. Class formats may vary by instructor. Class schedule is subject to change including listed instructors, times, days, formats and cancellations.



Play Queenax is a FUNctional program that builds camaraderie, group engagement, and accountability among peers. This intro level class is fun for all levels of fitness. Our certified personal trainer will guide you through play-based movements and challenges that keep participants motivated and engaged.

May 18th, 2019  
9:30 - 10:30am  
\$15 per person (for non-members & members alike)

FRISCO ATHLETIC CENTER



4 Classes.  
Wednesdays.  
8:30 - 9:30 a.m.

**Women Strong**  
with Jody Feil

May 1 - May 22  
Code: 15484  
May 29 - June 19  
Code: 15487  
June 26 - July 17  
Code: 15489  
July 24 - Aug 14  
Code: 15490

\$50 Resident  
\$60 Non-Resident

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