

FITNESS LIFESTYLES

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 Visit us on Facebook at Fitness Lifestyles of Freeport

Class and Instructor Assignments are subject to change without notice.

September-May Class Schedule

MONDAY

8:00-8:45 am	Bodies in Motion	Jayne	Pool
9:00-9:45 am	Silver Sneakers Circuit	Jackie	L/Level
9:15-10:00 am	Silver Sneakers Splash	Jackie	Pool
10:00-11:00 am	Aqua Movers	Alice	Pool
10:00-11:00 am	Chair Yoga Flow	Irena	L/Level
11:00-12:00 pm	Grounded Aquacise	Alice	Pool
4:00-4:45 pm	Spin	Vicki	2nd/Level
4:30-5:30 pm	Zumba	Ginger	L/Level
5:30-6:15 pm	Aqua Fusion	Colleen	Pool
<i>(Begins Oct 21st)</i>			
6:15-7:15 pm	Strong by Zumba	Michelle	L/Level

HEALTH & WELLNESS CLASSES

Mondays in Nursery Area @ 10-10:30 am or 6-6:30 pm:
Sep 23, Oct 28, Nov 25, Dec 23 (Topics TBD)
Mondays in L/Level Classroom @ 11-11:30 am or 5:30-6 pm:
Jan 27, Feb 24, Mar 23 Apr 27 (Topics TBD)

TUESDAY

5:30-6:15 am	Stomp	Ginger	L/Level
8:00-9:00 am	Silver Sneakers Splash	Hilary	Pool
9:00-10:00 am	Arthritis Stretch	Myrna	Pool
9:00-10:00 am	Zumba	Ginger	L/Level
10:00-11:00 am	Gentle Aquacise	Myrna	Pool
11:00-12:00 pm	Soft Aquacise	Myrna	Pool
12:10-12:50 pm	Yoga/Qigong	Julie	L/level
4:30-5:15 pm	Strength & Tone	Vickie	L/Level
5:15-6:00 pm	Aqua Kick	Hilary	Pool
6:15-7:15 pm	Total Body Fitness	TJ	L/Level
<i>(TBF subject to cancellations. Check Facebook or call)</i>			

WEDNESDAY

8:00-9:00 am	Deep Water Workout	Myrna	Pool
9:00-10:00 am	Social Swim	--	Pool
9:00-9:45 am	Silver Sneakers Circuit	Jackie	L/Level
10:00-11:00 am	Aqua Movers	Myrna	Pool
11:00-12:00 pm	Aqua Yoga	Irena	Pool
4:00-4:45 pm	Spin	Vicki	2nd/Level
4:45-5:15 pm	HIIT	Sue	L/Level
5:30-6:15 pm	Burn	Sue	L/Level

THURSDAY

5:30-6:15 am	Stomp	Ginger	L/Level
8:00-9:00 am	Silver Sneakers Splash	Hilary	Pool
8:30-9:00 am	Strong by Zumba	Michelle	L/Level
9:00-10:00 am	Arthritis Stretch	Myrna	Pool
9:00-10:00 am	Zumba	Michelle	L/Level
10:00-11:00 am	Gentle Aquacise	Myrna	Pool
11:00-12:00 pm	Soft Aquacise	Myrna	Pool
4:30-5:15 pm	Strength & Tone	Cindy	L/Level
5:15- 6:15 pm	Aqua Cardio Workout	Delia	Pool
5:30-6:00 pm	Relaxation Yoga	Robin	L/Level
6:15-7:15 pm	Total Body Fitness	TJ	L/Level
<i>(TBF subject to cancellations. Check Facebook or call)</i>			

FRIDAY

5:30-6:15 am	Spin	Colleen	2nd/Level
<i>(Begins Nov 1st)</i>			
8:00-9:00 am	Bodies in Motion	Jayne	Pool
9:00-10:00 am	Social Swim	--	Pool
9:00-9:45 am	Silver Sneakers Circuit	Cindy	L/Level
10:00-11:00 am	Yoga Flow	Robin	L/Level
10:00-11:00 am	Aqua Movers	Hilary	Pool
11:00-12:00 pm	Grounded Aquacise	Hilary	Pool

*** NEW- Euchre Fridays 12:30 pm - 3:30 pm
Free to all members**

SATURDAY

8:00-9:00 a.m.	20-20-20	Vicki	L/Level
9:15-10:15 a.m.	Zumba	Michelle	L/Level

Class Instructors

Cindy Alice Julie Vicki Ginger Colleen
Jayne Myrna TJ Sue
Jackie Hilary Delia Irena Michelle Robin

20-20-20- Cardio, strength & body-weight workouts. Circuit training, tabata training, weight training, & core exercises.

Aqua Cardio Workout- Any ability welcome with modifications available. Maintain target heartrate in this cardio class.

Aqua Fusion- Cardio & core conditioning, balance, coordination, muscle strength, endurance, flexibility & agility. Using the resistance of deep & shallow water, noodles, belts and dumbbells. Dynamic and energetic aquatic class.

Aqua Kick- Get revved up in this high energy water workout. Emphasis on balance and strength at an accelerated pace.

Aqua Movers- Get moving in the water. Warmed up and improve both cardio and strength using dumbbells & noodles.

Aqua Yoga- Yoga in the pool is an amazing place to experience the many benefits of yoga. The feeling of weightlessness takes stress out of challenged joints and stabilizes them to free muscular tightness or discomfort.

Arthritis Stretch- Decrease pain & stiffness, improve joint flexibility, & range of motion - gentle stretching exercises.

Bodies in Motion- Total body workout with cardiovascular and muscle conditioning exercises.

Burn- Get your heart racing and muscles burning in this 45 minute total body workout. ☺

Deep Water Workout- Use of aqua belt to “jog” in the deep water. Low impact with little impact to knees and hips.

Gentle Aquacise- Slow progression to enhance your flexibility, balance, & strength. One foot on the bottom at all times.

Grounded Aquacise- Gradual progression to get into shape, such as non-swimmer, overweight, pre/post-natal, post-op., arthritic or restricted in anyway.

HIIT (High Intensity Interval Training)- 30 minutes of intense exercise followed by short rests. For all fitness levels.

Relaxation Yoga- 30 minutes of slow movements, breathing, very gentle stretching, and relaxation techniques, to soothe the mind and body to help you de-stress.

Silver Sneakers Circuit- Any fitness level welcome. Standing, low impact choreography alternated with standing upper-body strength work using hand-held weights. A chair is available for support.

Silver Sneakers Splash- Low impact aqua aerobics promoting fitness, friendship, and fun.

Social Swim- Come chat with friends while doing your own workout or just relaxing.

Soft Aquacise- Warm up, aerobics, strengthening, & flexibility segments in water. Equipment used for extra resistance.

Spin- Taught in a group setting with an instructor that leads you through a challenging 45 minute ride.

Stomp – A very intense workout using balls, bands, step, poles & weights.

Strength & Tone- Stability ball with weights & tubes. 45-minute workout challenging all muscle groups.


Strong By Zumba- Train to the beat in this total-body HIIT work-out.

Total Body Fitness (Rough)- Cardio, sculpting, and strengthening. Real life functional movements will be executed in a fun way.

Yoga Flow- Slow, gentle movements to help relieve aches and pains, improve flexibility, and can reduce blood pressure and anxiety. Warm up, stretch, balance, and breathe as you go into each pose. A chair will be used in Chair Yoga Flow.

Yoga/Qigong- Aligning breath, movement, healing, exercise & meditation with a focus on physical & mental discipline.

Zumba – A fun energetic cardio workout.

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