



# FQ FOR WOMEN

September Class Schedule

3905 Bridgeport Way W, University Place, WA 98466

**Open Gym Hours:**  
Monday - Friday  
 5AM - 24HR  
Saturday - 24HR - 8PM  
Sunday - 7AM - 8PM

**Kids Club Hours:**  
Monday - Friday  
 8AM - 1PM  
 4PM - 8:30PM  
Saturday - 8AM to 1PM  
Sunday - 9AM to 1PM

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30am		Strength & Cond. w/ Eleni	Pure Strength w/ Breanna	Strength & Cond. w/ Therese	Pure Strength w/ Breanna	Strength & Cond. w/ Mary	
7:30am		Functional Strength w/ Breanna	Sculpt w/ Breanna	Functional Strength w/ Breanna	Sculpt w/ Breanna	Functional Strength w/ Breanna	
8:00am							Zumba w/ Elizabeth
8:30am Studio B				Pilates w/ Breanna			
9:00am		Circuit w/ Breanna	Sculpt w/ Breanna		Core & Restore Breanna	Circuit w/ Breanna	Sculpt w/ Heather
10:00am	Commit Dance w/ Katie	Barre w/ Breanna	Zumba w/ Therese	Circuit w/ Donna	Zumba w/ Claudia	Sculpt w/ Heather	Barre w/ Heather
10:00am Studio B					Yoga w/ Marriam	Barre w/ Breanna	
11:00am	CO-ED Yoga w/ Susan	Zumba Gold w/ Savina	SAIL w/ Susan		SAIL w/ Susan	Yoga w/ Heather	Commit Dance w/ Manu
11:00am Studio B		Yoga w/ Marriam					
12:00pm	Booty Bootcamp W /Monica	Free For All w/ Jean	Chair Yoga w/ Susan	Free For All w/ Jean	Zumba GOLD Toning Chair w/ Madalene	Free For All w/ Jean	Yoga w/ Staff
1:pm							CO-ED Free For All w/ Jean
4:30pm		Yoga w/ Lori	Sculpt w/ Eleni	Pump Up Strength w/ Kaylee	Zumba w/ Mirriam		
5:30pm		Pure Strength w/ Katelyn	Commit Dance w/ Mertriss	Booty Burn w/ Kaylee	Circuit w/ Elizabeth	Yoga w/ Jess	
5:30pm Studio B			Pilates w/ Eleni		Pilates / Barre Fusion w/ Elena		
6:30pm		Cardiobox Theresa	Yoga w/ Lori	Commit Sculpt w/ Lauren	Yoga w/ Lori	Zumba Toning w/ Madalene	
7:30pm		Zumba w/ Marriam	Zumba w/ Savina	Zumba & Polyfit w/ Savina & Madalene	Commit Dance w/ Keesha & Vanessa		

# CLASS DESCRIPTIONS

**Pilates:** Bring your mat and build strength and flexibility with emphasis on posture and core.

**Barre:** Inspired by elements of ballet, yoga and Pilates, we will be using low impact, high intensity movements that lengthen and strengthen while increasing muscular endurance.

**Zumba Gold Toning Chair:** Low impact version of Zumba using the toning sticks for muscular endurance and part seated.

**Chair Yoga:** Seated yoga poses working on flexibility, balance and strength. Perfect for those who find it challenging getting up from the floor but still want to benefit from a Yoga practice.

**Free for All:** This is a combination of low-impact cardio, strength, balance work, and full-body stretching, designed to give older adults everything they need in one go.

**Functional Strength:** Gently stretch and tone your whole body in this well-rounded class. Build stronger muscles, bones, and joints with weight-bearing exercises designed to challenge your strength & balance. Great for all levels.

**Core & Restore:** This class uses Pilates-inspired moves to challenge your core while focusing on functional strength and flexibility.

**Pure Strength:** Build strength, add definition, increase bone density and decrease body fat by increasing lean muscle. Research has proven that by adding lean muscle to the body you can speed up your metabolism and burn more calories working out and at rest. Use a variety of weight training equipment to change the shape of your body - no muscle gets neglected.

**SAIL:** Stay Active and Independent for Life (SAIL) is an evidence-based strength, balance and fitness program. Performing exercises that improve strength, balance and fitness are the single most important activity that adults can do to stay active and reduce their chances of falling.

**Sculpt:** Come fuel your metabolism with a combination of strength and cardio. Expect to get a full body workout using bands, exercise balls and dumbbells.

**Strength and Conditioning:** Train like an athlete by executing a wide range of exercises developed to build a variety of skills with a focus on mobility, stability, strength, endurance, power, speed, agility and performance.

**Circuit:** Your instructor will guide stations of strength, cardio and agility work for a complete body workout.

**Yoga:** This asana-based class aims to meet you where you are, in your practice and body. Expect breath and traditional posture practices that stretch, mobilize, strengthen and promote relaxation.

**Zumba:** An energizing dance fitness class featuring Latin and International music. Exercise in disguise! You'll burn lots of calories and have a great time doing it!

**COMMIT Dance Fitness:** A dynamic, fun-filled HIIT influenced (High intensity interval training) dance workout. Each routine focuses on essential fitness elements created to a variety of popular music, from all over the world, that will inspire everyone to get moving.

**Cardio Box:** Cardio workout inspired on boxing and martial arts techniques. You will learn basic punching and striking while burning calories

**Polyfit:** Dance fitness using music and movements from Polynesian dance. Get ready to move your hips and learn hula, tahitian and samoan dances.

**Commit Sculpt:** Full body-shaping and toning class incorporating body weight and light resistance mixed with cardio dance elements.

**Pump Up Strength:** A new approach to resistance training. Utilizing combination movement patterns in a targeted, rhythmic progression, its superpower is the dynamic integration of upper and lower body movements set to fun music.