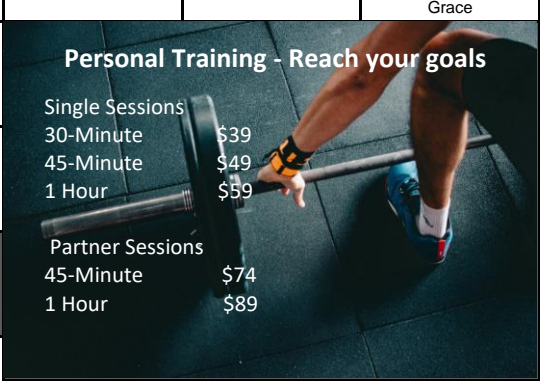


FRISCO ATHLETIC CENTER GROUP FITNESS SCHEDULE



May 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 AM Studio Instructor	Fit Cycle Gold Medal Elizabeth	Ultimate Conditioning Studio 1 & 2 Lauren	Total Body Cycle Gold Medal Lauren	Total Body Strength Studio 1 & 2 Lauren	Fit Cycle Gold Medal Elizabeth		Classes shaded gray require pass.
5:15 AM	Tabata Studio 1 & 2 Lori		Circuit Training Studio 1 & 2 Elizabeth				Pick up a pass at the front desk up to 30 minutes prior to class start time.
8:15 AM	Ultimate Conditioning Studio 1 & 2 Emmi	Xfit Conditioning Studio 1 & 2 Elizabeth	Barbell Strength Studio 1 & 2 Kelli G	Circuit Training Studio 1 & 2 Elizabeth	HIIT-Tabata Studio 1 & 2 Kelli G	Total Body Strength Studio 1 & 2 Elizabeth	
8:15 AM	Total Body Strength Gold Medal Louise	Tone & Stretch Gold Medal Grace New Class!	Fit Cycle Gold Medal Louise	Yoga Gold Medal Grace New Class!	Strength - Cycle Gold Medal Marie	Xfit Cycle 90 8:15 - 9:45a Gold Medal Kelli G	
9:30 AM	HIIT Studio 1 & 2 Melodie	Circuit Conditioning Studio 1 & 2 Deb	Step-Bata Studio 1 & 2 Deb	Total Body Strength Studio 1 & 2 Elizabeth	Xfit Conditioning Studio 1 & 2 Deb	Step-Bata Studio 1 & 2 Deb	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.
9:30 AM	Yoga Gold Medal Louise	XFit Cycle 75 9:30 - 10:45a Gold Medal Kelli G	Vinyasa Flow Yoga Gold Medal Louise	XFit Cycle 75 9:30 - 10:45a Gold Medal Kelli G	Yoga- Level 1-2 10:00am Gold Medal Joyce	Yoga- Level 1-2 10:00am Gold Medal Joyce	
10:45 AM	Ultimate Conditioning Studio 1 & 2 Jody	Total Body Strength Studio 1 & 2 Jody	TomStarFitness Conditioning + Strength Studio 1 & 2 Tom	Tabata Studio 1 & 2 Jody	Tabata Studio 1 & 2 Melodie	Pilates 11am Studio 1 & 2 Tennille	
10:45 AM	Tai Chi/Qi Gong Gold Medal Grace		Tai Chi/Qi Gong Gold Medal Grace	Piyo Live® 11am Gold Medal Karen			
Noon	Bodyshred™ Studio 1 Karen		Zumba® Studio 1 & 2 Andrea		Bodyshred™ Studio 1 Karen		
Noon	Pilates Gold Medal Grace	Barre Fusion Studio 1 & 2 Grace	Pilates Gold Medal Grace	Barre Fusion Studio 1 & 2 Grace			Yoga 3pm Studio 1 & 2 Grace
4:30 PM	TomStarFitness Sports Conditioning Studio 1 & 2 Tom	Piyo Live® Gold Medal Janine	Tai Chi Studio 1 Grace	TomStarFitness Sports Conditioning Studio 1 Tom	Yoga Gold Medal Grace	 <p>Personal Training - Reach your goals</p> <p>Single Sessions 30-Minute \$39 45-Minute \$49 1 Hour \$59</p> <p>Partner Sessions 45-Minute \$74 1 Hour \$89</p> <p>CJ Higginbotham , Athletics & Fitness Supervisor Chigginbotham@friscotexas.gov 972-292-6632</p> <p>Blake Grimmert , Fitness Coordinator Bgrimmert@friscotexas.gov 972-292-6518</p> <p>For Fun Club reservations, call 972-292-6600</p>	
5:45 PM		Zumba® Studio 1 & 2 Andrea		Zumba® Studio 1 Andrea	Tai Chi Lonestar Grace		
5:45 PM	TomStarFitness StregthX Studio 1 & 2 Tom	XFit Cycle Gold Medal Kelli G	Ultimate Conditioning Studio 1 Tom	Fit Cycle Gold Medal Elizabeth			
7:00 PM	Tabata Studio 1 & 2 Karen	Pilates / Yoga Studio 1 & 2 Grace	Tabata 6:45p Studio 1 & 2 Grace				
8:00 PM	Piyo Studio 1 & 2 Karen		Yoga 7:30p Studio 1 & 2 Grace	Yoga- Beginner Studio 1 Bob G			

FRISCOFUN.ORG

Group Fitness Class Descriptions

Cardio

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

Combo - Cardio and Strength

Tabata - 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.

Xfit Conditioning - Functional training, tabata intervals, and HIIT 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.

Tom StarFitness Cardio + Strength - Focus on conditioning and strength. This class will utilize conditioning exercises combined with strength exercises to burn maximum calories and fat while maintaining and/or increasing strength.

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

Tom StarFitness Sports Conditioning - Starts with dynamic core/flexibility warm-up, then, moves into agility ladders, cone drills, athletic training, and finishes with some traditional strength training. Bring your teenage athlete along for a total body fitness class!

Circuit Conditioning - Improves cardiovascular conditioning and muscular strength using body resistance & weights. Cardio bursts, power & strength drills with short breaks to keep your heart pumping and your workout at maximum capacity. All levels welcome.

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.

Jillian Michaels BODYSHRED™ - is a high intensity and endurance-based 30 minute workout, utilizing a 3-2-1 interval approach: 3 minutes of strength; 2 minutes of cardio; 1 minute of abs. You will shed fat, define muscle, transform the look of your entire physique, and dramatically enhance your overall health and athletic performance.

Barbell Strength / HIIT - is a free weight training class that uses barbells to bring dynamic weight training into the group fitness room.

Tom StarFitness Strength - Focus on building power and body fat loss. Time intervals, super sets, giant sets, and German strength training will be the main training methods in this class.

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.

XFit Cycle - 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. Xfit Cycle 90 & XFit Cycle 75 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.

Strength - Cycle - Get started with weight training for the first half of the class. This class helps you finish strong with power sprints on the bike.

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.

Vinyasa Flow Yoga - Experience mental and physical benefits from this style of yoga, to help energize and strengthen the body. Relax the mind as you move onto stillness and joy by moving and breathing smoothly from one pose to another. Sun Salutations will build strength and increase flexibility.

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.

Pilates / Yoga - Combining the total body conditioning of Pilates with the relaxing flow of Yoga to wind down your day.

Total Body Strength & Conditioning (Exclusively for Women)



M - W - F @ 9:30 AM

May 2 - May 28	Code 1161
May 30 - June 25	Code 1162
July 9 - Aug 3	Code 1163
Aug 6 - Aug 31	Code 1164

*No class June 28 - July 8
\$149/month or \$20 drop-in

*No Excuses
for 2018!*



Register online at friscofun.org or in person at the FAC. Fees shown are resident only. Non-residents add \$5.
Personal Trainer & Fitness Instructor: T.K. Bluit @ 214.552.4739 or tkbluit@truviefitness.com

YOGA INSTRUCTORS NEEDED

- Looking for experienced, qualified yoga instructors
- WEEKDAY EVENING AVAILABILITY IS REQUIRED
- Must have current Yoga Instructor Certification by a nationally recognized organization
- Must have current CPR/AED certification
- Contact Blake Grimmert at 972-292-6518 or bgrimmert@friscotexas.gov for more information

