



**[SPIN STUDIO (1)&(2)]** This is the original and most popular group cycling class. And it's not just because that Spinning is an unmatched way to make your fitness goals a reality. With no complicated moves to learn, a motivated group environment, you'll find yourself having a blast while you ride your way to a leaner, stronger body. Regardless of your fitness level, you'll get a heart-pounding yet low impact workout while maintaining the ability to go at your own pace.



The Yoga, Tai Chi and Pilates workout that leaves you feeling long, strong, centered & calm. Controlled breathing, concentration & a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance. It's your personal "time out" from the stress and strains of daily life - a 55-minute group exercise-to-music class that enhances your physical and mental wellbeing.



This revolutionary workout, coining the concept of "fitness-party", fuses Latin rhythms and easy-to-follow moves to create a dynamic workout system that will blow you away! After taking this class you will be hooked & will want to workout; you will achieve long-term benefits while experiencing an absolute blast in one exhilarating hour of calorie-burning, heart-racing, muscle-pumping, body-energizing, awe-inspiring movements meant to engage & captivate you for life!



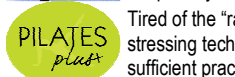
(MONDAYS @ FFW - WEDNESDAYS @ THE LELAND) Zumba Gold takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant. What stays the same are all the elements the Zumba Fitness-Party is known for: the party-like atmosphere, the zesty Latin music and the sheer vibrance of each class. Lamplight Inn at the Leland is accessible for those with physical limitations. Zumba Gold is also great for those limited to wheelchair mobility.



When it comes to body sculpting, Zumba Toning raises the bar (or rather, the toning stick). It combines targeted body-sculpting exercises and high-energy cardio work with Zumba moves to create a calorie-torching, strength-training dance fitness-party. Students learn how to use lightweight, maraca-like Toning Sticks to enhance rhythm and tone all their target zones, including arms, abs, glutes and thighs. Zumba Toning is the perfect way to sculpt their bodies naturally while having a total blast.



Based on the principals founded by Joseph Pilates, this class strengthens the all important core (abdominal/back) muscle groups without bulk while increasing flexibility, prevents injury and promoting relaxation. This great stress buster uses breathing and yoga type moves to strengthen and protect muscles for whole-body wellness. Created for rehabilitation, later adopted by dancers and athletes, now embraced by millions. No matter your age or condition, Pilates will work for you!



Tired of the "rat race"? IF you have too much STRESS: hurry, worry, frustration, anxiety, perhaps depression, PILATES PLUS is for you. Relaxation Response and other mental de-stressing techniques will be used at the end of each class. You'll learn the primary Pilates moves that promote these mental techniques. Our goal: an adequate knowledge base and sufficient practice so you can employ these "methods" on your own wherever you travel. Have you heard the statement "Stress kills."? We will reduce our stress; it does cause illness.



This class is designed for Yoga beginners to advanced who want a more challenging practice and have an appreciation for the physical and mental benefits of Yoga practices. The Hatha form of Yoga focuses on combining postures known as asanas and breathwork (Pranayama) to achieve a higher level of flexibility, strength and balance.



Join the fitness craze sweeping the nation; Piloxing uniquely mixes Pilates and boxing into a fat torching and muscle sculpting workout, guaranteed to whip you into shape. Experience the transformation as you attain a sleek, sexy and powerful self-image using 1,2 and/or 3 lb. boxing gloves/bags and resistance bands.



Move! ...and move quickly! That is the goal of KickFit. Spend your time wisely, and punch, kick & knee your way through calories, taking out all of your frustrations on the heavy bags. Jumping jacks, ropes, gator & bear crawls, amish horse pulls & crawls, rotating upright planks, Indian push-ups, umpas, burpees and martial arts escape techniques that work the core and glutes. You will improve your balance, muscular endurance, and even learn martial arts techniques that will improve your overall speed, agility and core strength.



A combination of intense kickboxing moves, as well as dance moves, all perfectly choreographed to high energy and motivating music. It's the ultimate cardiovascular challenge that is a unique blend of intense intervals, strength/endurance training, and a relaxing cool-down. Turbo Kick® requires no previous kickboxing experience or equipment.



"BE WATER MY FRIEND" What's your style? Allow an experienced veteran to help you research your own personal fighting style... To absorb what is useful, reject what is useless, and add what is specifically yours. The only way to learn a true defense system, is through your defense system. Utilizing multiple styles, you'll develop techniques that will allow you to flow like water in any situation, with H2O Defense Systems at Family FitnessWorks! (Fridays at 4pm with Officer Tim Davis)



This high-energy class uses a combination of high-low aerobic stepping to rhythmic music. Excellent calorie burning workout that tones the hips, butt and legs. Combination floor work focuses on strengthening shoulders, biceps, triceps, glutes and abs. All stepping can be modified to one's fitness level.



This 45 minute focus mitt class packs a punch....and an elbow & a knee. You will be empowered as you learn boxing and self-defense skills while working up a sweat. Dirty boxing is a full body workout as you move, cover, and counter with a flurry of strikes on focus mitts. The intensity can be varied to meet or challenge your fitness level.

These Wednesday Night Classes for Kids (Ages 6-14) will show your kids how to "Kombat Obesity" by releasing all that canned up energy! Sure chillin' out is fun, but rockin' out is a blast, especially to high-octane music. They will Run, Dance, Cycle, Kick and Punch their way through calories and have lots of fun doing it. Every Wednesday Night @ 6:30pm in Studio 1!!!



It's the fastest way to shape up and lose body fat. Body Pump is a toning & conditioning class with weights and is for just about everybody. It's perfect for both males and females who want to add strength training into their aerobic workout. This 60-minute workout challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts and curls.



This FFW original is your connection to true abdominal strength and true core strength. This is the perfect addition to any workout! You can expect to use special combinations and a unique sequence of movements to the rhythm of upbeat music for a great thirty minute workout! Master this class and you will achieve vital abdominal strength that will benefit your overall health & physical performance.



Born in the U.S. Navy SEALs, Suspension Training is a revolutionary method of leveraged bodyweight exercise. After instructed how to set up and use TRX, you will safely perform exercises that build power, strength, flexibility, balance, mobility, and prevent injuries, all at the intensity you choose. From athletes who need peak performance to everyday people who just want to feel & look their best, TRX delivers.



Total Functional Training. In Boot Camp, Drill Sergeants are known for being brutal... for putting soldiers through many tests of strength; the test of WILLPOWER, the test of INTENSITY and the test of NERVE. They do this, not to break the spirits of our soldiers, but help them to just WIN. This motivational class will use functional training techniques in a fundamental circuit that will test your Willpower, Intensity & Nerve. Everyone has obstacles to overcome; not everyone will WIN.



You are totally unleashed by this high-energy program. Inspired by the basis of martial arts, it draws from a wide array of disciplines such as karate, boxing, kickboxing, kung fu, taekwondo, tai chi & muay thai. You will strike, punch, kick, jump your way through calories to a superior fitness level. CardioCombat will help you improve your coordination, agility, posture, core strength and stability.



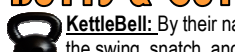
Extensive core work coupled with all over body conditioning through the use of weights, bars, bands, balls and benches.



**BUTT'N DOWN:** This specialty class was created after high demand! We took the suggestions of many members and fused functional, strength, resistance and toning exercises for the abdominals, hips, glutes, hamstrings, quads, and hip flexors. This class is 30 minutes and is done to fun, upbeat music that will keep you motivated as you work through the burn with your peers. Button Down your tight-fittin' jeans... BUTT'n DOWN your workout!



A High-intensity workout focusing on strengthening your Abdominals & Glutes.



**KettleBell:** By their nature, typical kettlebell exercises build strength and endurance, particularly in the lower back, legs, and shoulders, and increase grip strength. The basic movements, such as the swing, snatch, and the clean and jerk, engage the entire body at once, and in a way that mimics real world activities such as shoveling or farm work.



A class designed to strengthen and tone the entire body using weighted bars, dumbbells, resistance bands, kettlebells, and fitness balls. Open to all fitness levels



**SilverSneakers Classic ("SS\*Classic"):** This SilverSneakers group exercise class is appropriate for older adults who are fit and active as well as those who are sedentary, intimidated, unfamiliar with exercise, entering post-rehabilitation programs and ALL those who enjoy a positive, upbeat social environment. Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance; and a chair is used for seated and/or standing support.



This program is a part of the FFW UFIT ACADEMY. Pre-Registration is required for this class. This eight-week program meets once a week in 60-minute sessions. Your kids learn how to properly and safely use our kid's circuit equipment. They will also be taught about the muscle groups and the importance of maintaining a healthy lifestyle. Nutrition education is another vital feature of this course that will help your children make smart choices when it comes to eating. Upon completion, each child receives a Graduation Certificate, and is eligible to become an FFW Junior Member! See staff for pricing & other details.