

# GROUP EXERCISE CLASS SCHEDULE

## JOINT BASE LEWIS - MCCHORD



April 28- May 4	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:30-10:20						
		<b>I STROLL</b> SFH - Maddie		<b>I STROLL</b> SFH - Meghan		<b>I STROLL</b> SFH - Maddie	
						<b>WATER AEROBICS</b> Kimbro Pool - Staff	
	10:30-11:20	<b>YOGA</b> Jensen -Briauna	<b>YOGA</b> Jensen -Birgit	<b>YOGA</b> Jensen -Briauna	<b>YOGA</b> Jensen -Birgit	<b>CARDIO KICKBOXING</b> Jensen - Jackie	
							<b>ZUMBA</b> McChord - Gemma
	11:30-12:20	<b>HIIT</b> Jensen - Rhachel	<b>STRONG NATION</b> Jensen - Rhachel	<b>HIIT</b> Jensen - Rhachel	<b>ZUMBA</b> Jensen - Rhachel	<b>ZUMBA</b> Jensen - Gemma	
		<b>ZUMBA</b> McChord- Gemma		<b>ZUMBA</b> McChord- Gemma	<b>ZUMBA</b> McChord -Savina		
	12:30-13:20					<b>YOGA</b> Jensen -Briauna	
	17:30 - 17:50	<b>CARDIO &amp; STRENGTH</b> Jensen - Jackie	<b>CARDIO KICKBOXING</b> Jensen - Jackie	<b>MIXXED FIT</b> Jensen - Kelley	<b>MIXXED FIT</b> Jensen - Kelley		
					<b>CARDIO KICKBOXING</b> McChord - Jackie		
	18:30-19:20	<b>YOGA</b> Jensen -Ivy	<b>YOGA</b> Jensen -Briauna				
					<b>YOGA</b> Wilson- Lindsay		

**\*ALL CLASSES SUBJECT TO CHANGE\* MOST UP TO DATE SCHEDULE IS POSTED AT EACH FACILITY**

Cardio & Strength - A total body workout combining all elements of fitness; cardio, muscle conditioning, coordination, balance and flexibility.

Cardio Kickboxing - High energy martial-arts inspired, full body workout focusing on core training, developing coordination, agility & speed

Cycle - Using a special stationary bike, class focuses on endurance, strength, intervals, high intensity and recovery phases.

Dance Vibe - Focusing on a combination of aerobic and anaerobic movements tone & sculpt your body while burning calories.

HIIT - High Intensity Workout incorporating cardio, free weights and body weight.

I Stroll- Parent and kid friendly Fitness Bootcamp, fitness for the whole family. Additional FEE for this class.

Mixxed Fit- A people-inspired program that combines explosive dance movements with bodyweight toning.

Step - Aerobic workout that involves high intensity stepping movements.

Strong Nation - Zumba based workout combining body weight, muscle conditioning, cardio and plyometric training moves.

TABATA Strength - Strength and endurance training

Water Aerobics- A low-impact class that is designed to improve joint stability, coordination, heart health and strength.

Yoga - Combining physical exercises, mediation, and breathing techniques to strengthen muscles and relieve stress.

Zumba - Dance to great music, with great people, and burn a ton of calories without even realizing it!