

GROUP EXERCISE CLASS SCHEDULE

JOINT BASE LEWIS - MCCHORD



December 23rd - 28th	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	08:30-09:20	I STROLL SFH - Maddie	DONSA - NO CLASSES	HOLIDAY - NO CLASSES	DONSA - NO CLASSES	I STROLL SFH - Maddie	
	9:30-10:20	YOGA CANCELLED				WATER AEROBICS	
						SFH Pool - Staff	
	10:30-11:20	ZUMBA Jensen- Gemma				MIXXED FIT Jensen - Chaz	
							ZUMBA Wilson -Gemma
	11:30-12:20					CARDIO KICKBOXING Jensen - Jackie	MIXXEDFIT Wilson -Jackie
		HIIT Jensen - Rhachel					
12:30-13:15						STEP Wilson -Chrysta	
17:00-17:50	CYCLE CANCELLED						
18:00 - 18:50	MIXXED FIT Jensen - Kelley	BOOTCAMP Jensen -Chrysta					
	CARDIO & STRENGTH SFH- Jackie						

***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.

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

Step - Aerobic workout that involves high intensity stepping movements.

Stick Fight Martial Arts - A combination of traditional martial arts movements using stick-fighting techniques.

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!

JBLMmwr    