

GROUP EXERCISE CLASS SCHEDULE

JOINT BASE LEWIS - MCCHORD



JUNE 17 - JUNE 22	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	08:30- 09:20			HOLIDAY - NO CLASSES		DONSA - NO CLASSES	TABATA Strength CANCELLED
	9:30- 10:20	I STROLL SFH - Maddie					
		YOGA Jensen - Abby					
	10:00- 10:50		YOGA Jensen - Birgit 10:00-11:20		YOGA Jensen - Birgit 10:00-11:20		
	10:30- 11:20						DANCE VIBE Wilson - Regina
							ZUMBA McChord - Gemma
	11:30- 12:20	ZUMBA McChord- Gemma			ZUMBA McChord -Gemma		STEP McChord - Chrysta
		ZUMBA Jensen - Susan	ZUMBA Jensen - Rhachel		ZUMBA Jensen - Rhachel		
	17:00- 17:50		YOGA Jensen -Abby				
	18:00 - 18:50	MIXXED FIT Jensen - Chaz	CARDIO KICKBOXING Jensen - Jackie		MIXXED FIT Jensen - Kelley		
		CARDIO & STRENGTH McChord - Jackie	STEP CANCELLED		CARDIO KICKBOXING McChord - Jackie		
		CrossFit CANCELLED	TABATA Strength Jensen - RV		TABATA Strength Jensen - RV		
			CrossFit CANCELLED		CrossFit CANCELLED		
	19:00- 19:50						

CLASS DESCRIPTIONS

Boxing 101 - Learn proper boxing techniques

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

CrossFit - Strength training that will help prep you for bending, twisting, lifting, loading and more that you'll experience in everyday life.

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. 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, meditation, 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!

For information on
upcoming fees, scan
QR code

