

# GROUP EXERCISE CLASS SCHEDULE

## JOINT BASE LEWIS - MCCORD



**NOVEMBER 21-26**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>9:30-10:20</b>	I Stroll SFH	I Stroll Jensen	I Stroll SFH	<b>Thanksgiving - NO CLASSES</b>	<b>DONSA - NO CLASSES</b>	
<b>10:00-11:20</b>	Yoga Jensen					
<b>11:00-11:50</b>						<b>DANCE VIBE</b> Wilson
<b>11:30-12:20</b>	<b>ZUMBA</b> McChord Annx	<b>ZUMBA</b> Jensen	<b>CYCLE</b> SFH			
	<b>CYCLE</b> SFH	<b>ZUMBA</b> McChord Mn	<b>ZUMBA</b> McChord Mn			
			<b>CARDIO &amp; STRENGTH</b> Jensen			
<b>12:15-13:05</b>						<b>ZUMBA</b> Wilson
<b>14:15-15:05</b>			<b>WATER RUNNING</b> SFH Pool			
<b>17:45-18:35</b>	<b>CYCLE</b> SFH	<b>CARDIO KICKBOXING</b> McChord Mn	<b>CARDIO KICKBOXING</b> McChord Mn			
			<b>CYCLE</b> SFH (1730)			
<b>18:00-18:50</b>	<b>DANCE VIBE</b> Jensen		<b>DANCE VIBE</b> Jensen			

**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 workout, non-contact. Full body workout with core training, developing coordination, agility & spe

**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.

**DEEP WATER RUNNING** - No-impact aerobic workout conducted in the pool improving overall wellness.

**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.

**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 the muscles and relieve stress.

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





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## JOINT BASE LEWIS - MCCHORD



**NOVEMBER 27 - DEC 3**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>9:30-10:20</b>	<b>I STROLL</b> SFH		<b>I STROLL</b> Jensen			
<b>10:00-11:20</b>	<b>YOGA</b> Jensen				<b>YOGA</b> Jensen	
<b>11:00-11:50</b>						
<b>11:30-12:20</b>	<b>ZUMBA</b> Jensen	<b>ZUMBA</b> Jensen	<b>CYCLE</b> SFH			
	<b>CYCLE</b> McChord Mn	<b>ZUMBA</b> McChord Mn	<b>ZUMBA</b> McChord Mn			
			<b>CARDIO &amp; STRENGTH</b> Jensen			
<b>12:15-13:05</b>						
<b>14:15-15:05</b>			<b>WATER RUNNING</b> SFH Pool			
<b>17:45-18:35</b>	<b>ZUMBA</b> McChord Mn (1730)	<b>CYCLE</b> SFH (1730)	<b>CYCLE</b> SFH (1730)			
	<b>CYCLE</b> SFH (1730)	<b>CARDIO KICKBOXING</b> McChord Mn	<b>CARDIO KICKBOXING</b> McChord Mn			
<b>18:00-18:50</b>	<b>DANCE VIBE</b> Jensen		<b>DANCE VIBE</b> Jensen			

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