

GROUP EXERCISE CLASS SCHEDULE

JOINT BASE LEWIS - MCCHORD



JUNE 24 - JUNE 29

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
08:30-09:20						TABATA Strength CANCELLED
9:30-10:20	I STROLL SFH - Maddie		I STROLL SFH - Maddie		I STROLL SFH - Maddie	
					WATER AEROBICS SFH Pool - Staff	
10:00-10:50	YOGA Jensen - Abby		HIIT CANCELLED		YOGA CANCELLED	
		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	ZUMBA McChord - Savina	BOXING 101 McChord - Derek	STEP McChord - Chrysta
	ZUMBA Jensen - Susan	STRONG NATION Jensen - Rhachel	CARDIO & STRENGTH Jensen - Emily	STRONG NATION Jensen - Rhachel	CARDIO KICKBOXING Jensen - Jackie	
17:00-17:50		YOGA Jensen - Abby				
			STICK FIGHT McChord - Rino			
18:00 - 18:50	MIXXED FIT Jensen - Chaz	CARDIO KICKBOXING Jensen - Jackie	MIXXED FIT Jensen - Natasha	MIXXED FIT Jensen - Kelley	STEP Jensen - Chrysta	
	CARDIO & STRENGTH McChord - Jackie	STEP CANCELLED	STEP McChord - Chrysta	CARDIO KICKBOXING McChord - Jackie		
	CrossFit CANCELLED	TABATA Strength Jensen - RV	CrossFit Jensen - Jack	TABATA Strength Jensen - RV	CrossFit CANCELLED	
19:00-19:50		CrossFit CANCELLED		CrossFit CANCELLED		

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.

Mixxed 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.

Strong Nation - Zumba based workout with greater focus on plyometric and explosive 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!

For information on upcoming fees, scan code

