

GROUP EXERCISE CLASS SCHEDULE JOINT BASE LEWIS - MCCHORD						<div><div> SPORTS • FITNESS • AQUATICS</div><div> JBLM MWR</div></div>	
April 22nd - April 27th	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	08:30-09:20						BOOTCAMP McVeigh - RV
	9:30-10:20	I STROLL SFH - Maddie		I STROLL SFH - Maddie		I STROLL SFH - Maddie	
						WATER AEROBICS SFH Pool - Staff	
		YOGA Jensen - Abby		HIIT Jensen - Rhachel		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
	11:30-12:20	ZUMBA McChord- Gemma	MIXXED FIT McChord- Chaz	ZUMBA McChord- Gemma		ZUMBA McChord - Gemma	STEP Wilson -Chrysta
		HIIT Jensen - Rhachel	HIIT Jensen - Rhachel	CARDIO & STRENGTH Jensen - Emily	ZUMBA Jensen - Rhachel	MIXXEDFIT Jensen - Chaz	
	17:00-17:50	TAI CHI Jensen -Matt	YOGA Jensen -Abby		TAI CHI Jensen -Matt		
				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 McChord - Chrysta	CARDIO KICKBOXING McChord- Jackie		
		CrossFit McVeigh - Cass	BOOTCAMP McVeigh - RV	CrossFit CANCELLED	BOOTCAMP McVeigh - RV		
		19:00-19:50		CrossFit McVeigh - Sara		CrossFit McVeigh - Sara	

BootCamp- Stength and Endurance Training

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.

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. 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.

Tai Chi - Taijiquan taught with a focus on health, fitness, and lifetime wellness.

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!

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