

GROUP EXERCISE CLASS SCHEDULE

JOINT BASE LEWIS - MCCHORD



April 21 - April 27

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30-10:20	I STROLL SFH - Maddie		I STROLL SFH - Meghan		I STROLL SFH - Maddie	
					WATER AEROBICS Kimbro Pool - Staff	
10:30-11:20	YOGA Jensen -Briauna	YOGA Jensen -Birgit	YOGA Jensen -Briauna	YOGA Jensen -Birgit	CARDIO KICKBOXING Jensen - Jackie	
						ZUMBA McChord - Gemma
11:30-12:20	HIIT Jensen - Rhachel	STRONG NATION Jensen - Rhachel	HIIT Jensen - Rhachel	ZUMBA Jensen - Rhachel	ZUMBA Jensen - Gemma	
	ZUMBA McChord- Gemma		ZUMBA McChord- Gemma	ZUMBA McChord -Savina		
12:30-13:20					YOGA Jensen -Briauna	
17:30-18:20	CARDIO & STRENGTH Jensen - Jackie	CARDIO KICKBOXING Jensen - Jackie	MIXXED FIT Jensen - Kelley	MIXXED FIT Jensen - Kelley		
				CARDIO KICKBOXING McChord - Jackie		
18:30 - 19:20	YOGA Jensen -Ivy	YOGA Jensen -Briauna				
				YOGA Wilson- Lindsay		

***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
- 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.
- Strong Nation - Zumba based workout combining body weight, muscle conditioning, cardio and plyometric training 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!