

**Effective:
10/14/2019**

JBLM Fitness Class Schedule



All classes are free! See class descriptions on JBLMsfa.com.

JENSEN FAMILY HEALTH & FITNESS CENTER SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
0645-0745		*Connected Warrior Yoga			
0900-1000		Cardio Circuit		Step Circuit	
1000-1100	MixedFit	*Yoga	Bootcamp	*Yoga	Head to Toe Weight Training
1130-1230	Tabata	Cardio Kickboxing	*Zumba	Cardio Kickboxing	*Zumba
1530-1630				*Indoor Cycling	
1630-1730		*Ballet			Yoga
1730-1830	RIPPED	Yoga	*Zumba		*Zumba

*These classes are volunteer taught and are subject to cancellation in the event of an emergency.

2022 Liggett Ave. & Division, Lewis Main, 253-967-5975

McCHORD FITNESS ANNEX SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
0700-0745					
1200-1300	Bootcamp		Bootcamp		
1645-1745	Cardio Kickboxing	*Zumba	Cardio Kickboxing	Mixed Fit	RIPPED
1745-1845	Yoga	Core & More	MixedFit	Core & More	MixedFit

726 5th St. McChord Field, 253-982-6700

SOLDIERS FIELD HOUSE & POOL SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
0645-0730		*Spin Class				
0900-1000	Water Aerobics		Water Aerobics		Water Aerobics	
1000-1100	Water Aerobics		Water Aerobics		Water Aerobics	
1730-1830				*Spin Class		

Spin video for up to 25 people (20, 30 or 50 minutes in length) available: 0730-1930. 3236 Handrich Ave. Lewis Main, 253-967-4771

WILSON SPORTS & FITNESS CENTER SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
0645-0730						
0930-1030						
1015-1115						Mixed Fit
1130-1230						Zumba

11596 D St. & 41st Div. Lewis North, 253-967-7471

McVEIGH SPORTS & FITNESS CENTER SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1800-1900	*Tai Chi			*Tai Chi		

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2160 Liggett Ave. Lewis Main, 253-967-5869



JBLMsfa.com



JBLMSportsFitnessAquatics