

# JOINT BASE LEWIS-McCHORD JULY GROUP EXERCISE SCHEDULE



SPORTS • FITNESS • AQUATICS

**\*Please note WFC Monday-Friday classes canceled July 12-30\***

TIME	CLASS	MONDAY	LOCATION
0930	I Stroll *		WFC
1000	Yoga		SFH
1130	Cycling *		WFC
1200	Cycling		McChord Anx
1230	Strength Training *		WFC
1745	Mixed Fit *		WFC
1745	Zumba		SFH

TIME	CLASS	TUESDAY	LOCATION
0630	Bootcamp/Kickboxing		McChord Anx
0645	Cycling		SFH Spin Rm
0900	Cycling		SFH Spin Rm
1000	Pedal & Flow		SFH Gym
1130	Cycling		SFH Spin Rm
1130	Zumba		McChord Mn
1700	Zumba *		WFC
1745	Cardio Kickboxing *		WFC

TIME	CLASS	WEDNESDAY	LOCATION
0930	I Stroll *		WFC
1130	Zumba *		WFC
1130	Cycling		SFH Spin Rm
1700	Zumba *		WFC
1730	Cycling		SFH Spin Rm
1745	Cardio Kickboxing *		WFC
1745	Mixed Fit		SFH Gym

TIME	CLASS	THURSDAY	LOCATION
0645	Cycling		SFH Spin Rm
0645	Cycling *		WFC
0900	Cycling		SFH Spin
1000	Pedal & Flow		SFH
1700	Zumba *		WFC
1745	Cardio Kickboxing *		WFC

TIME	CLASS	FRIDAY	LOCATION
0930	I Stroll *		WFC
1000	Yoga		SFH
1130	Zumba		McChord Mn

TIME	CLASS	SATURDAY	LOCATION
1100	Mixed Fit		WFC
1230	Zumba		WFC

## SCHEDULE KEY

	MAX CAPACITY
WFC: Wilson Fitness Center Basketball Courts	11
SFH Gym: Soldiers Field House Basketball Courts	11
SFH Spin Rm: Soldiers Field House Spin Room	9
McChord Anx: McChord Fitness Annex	11
McChord Mn: McChord Fitness Center	11

**I Stroll (50 min):** Parent and Kid friendly Fitness Bootcamp, fitness for the whole family. Fee for class.

**Cycling (50 min):** Using a special stationary bike, classes focus on endurance, strength, intervals, high intensity, and recovery phases in an energetic, fun classroom setting.

**Pedal and Flow (50 min):** Combining the invigorating cycling class and the restorative yoga flows.

**Cardio Kickboxing (50 min):** High energy martial-arts inspired workout, non-contact. Full body workout with phenomenal core training. Destroy calories while developing coordination, agility and speed.

**Strength Training (50 min):** Strength training for a total body workout. Build muscle and stamina.

**Zumba (50 min):** Dance to great music, with great people, and burn a ton of calories without even realizing it!

**Yoga (50 min):** Combines physical exercises, meditation, and breathing techniques to strengthen the muscles and relieve stress.

**Mixed Fit (50 min):** Mix up your fitness routine in this high-intensity workout geared to keep your body guessing.

**Bootcamp (50 min):** Traditional high-intensity full body workout delivered in a fun atmosphere, challenge yourself and have fun doing it!

## COVID MITIGATIONS:

- Participants should be screened for signs/symptoms of COVID-19 prior to classes.
- If participants are showing/experiencing symptoms, they are asked to not participate for the safety of all.
- Mask wearing is recommended during all group exercise classes to include high-intensity classes. People who are engaged in high-intensity activities may not be able to wear a face covering to exercise. At a minimum, patrons will arrive and leave in a face covering, wear coverings between equipment or stations, and wear facial coverings throughout other areas of facilities. Patrons who are fully vaccinated are not required to wear face coverings.
- Equipment will be arranged as such so that users are not facing each other and will be positioned at least 10ft apart.
- Participants must register and sign in to each class. The classes are offered on a first-come, first-served basis.
- Participants must clean their own equipment before and after use.
- Participants are to bring their own equipment such as yoga mats and gloves that cannot be easily disinfected