

GROUP EXERCISE CLASS SCHEDULE

JOINT BASE LEWIS - MCCORD



SEPTEMBER 2 - SEPTEMBER 7	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	08:30-09:20	HOLIDAY - NO CLASSES						
	9:30-10:20			I STROLL SFH - Maddie		I STROLL SFH - Maddie		
	10:00-10:50		YOGA Jensen - Birgit			YOGA Jensen - Birgit		
	10:30-11:20						MIXED FIT Wilson - Natasha	
	11:30-12:20				ZUMBA McChord- Gemma	ZUMBA McChord- Savina	BOXING 101 McChord - Derek	
	17:00-17:50			STRONG NATION Jensen - Rhachel		ZUMBA Jensen - Rhachel	CARDIO KICKBOXING Jensen - Jackie	
	18:00 - 18:50			YOGA Jensen - Abby				
					STICK FIGHT McChord -Rino			
				CARDIO KICKBOXING Jensen - Jackie	MIXXED FIT Jensen - Natasha	MIXXED FIT Jensen - Kelley	STEP Jensen - Chrysta	
				STEP McChord -Chrysta	CARDIO KICKBOXING McChord - Jackie			
		TABATA Strength McVeigh - RV		TABATA Strength McVeigh - RV				

CLASS DESCRIPTIONS

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. 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.

Stick Fight Martial Arts - A combination of traditional martial arts movements using stick-fighting techniques.

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!

For information on fees,
scan QR code

