

GROUP EXERCISE CLASS SCHEDULE

JOINT BASE LEWIS - MCCHORD



June 5 - 11

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30-10:20	I STROLL		I STROLL		I STROLL	
	SFH - Maddie		SFH - Maddie		SFH - Maddie	
10:00-10:50	HIIT	CROSS FIT	HIIT	CROSS FIT	WATER AEROBICS	YOGA
	Jensen - Rhachel	McVeigh - Cass	Jensen - Rhachel	McVeigh - Cass	SFH Pool - Staff	McVeigh - Lisa
11:00 - 11:50		YOGA		YOGA		ZUMBA
		Jensen - Birgit 10:00-11:20		Jensen - Birgit 10:00-11:20		McChord Mn. - Gemma
11:30-12:20						LINE DANCING
						McChord Mn - Martha S.
17:00-17:50	ZUMBA	MIXXED FIT	ZUMBA	MIXXED FIT		DANCE VIBE
	McChord Mn. - Gemma	McChord Mn. - Chaz	McChord Mn. - Gemma	McChord Mn. - Chaz		Wilson - Regina 11:15 - 12:20
18:00 - 18:50	CYCLE	HIIT	CARDIO & SRENGTH	ZUMBA	MIXXED FIT	
	Jensen - Martha	Jensen - Rhachel	Jensen - Emily	Jensen - Rhachel	Jensen - Chaz	
17:00-17:50	TAI CHI	ZUMBA	STICK FIGHT MARTIAL ARTS	TAI CHI	STICK FIGHT MARTIAL ARTS	
	Jensen - Matt	Jensen - Florina	Jensen - Rino	Jensen - Matt	Jensen - Rino	
18:00 - 18:50	CROSS FIT		CROSS FIT			
	McVeigh - Cass		McVeigh - Cass			
18:00 - 18:50	MIXXED FIT	CARDIO KICKBOXING	MIXXED FIT	MIXXED FIT	MIXXED FIT	
	Jensen - Larissa	Jensen - Jackie	Jensen - Natasha	Jensen - Kelley	Jensen - Isaiah	
18:00 - 18:50		CYCLE		CYCLE		
		SFH - Cass		SFH - Cass		
18:00 - 18:50	CARDIO & STRENGTH	DANCE VIBE	CARDIO KICKBOXING			
	McChord Mn. - Jackie	McChord Mn. - Kelley	McChord Mn. - Jackie			

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

Cross Training - 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 anarobic movements tone & sculpt your body while burning calories.

Deep Water Running - No-impact aerobic workout conducted in the pool improving overall wellness.

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.

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

Taijiquan - Tai Chi Chuan 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!