

GROUP EXERCISE CLASS SCHEDULE

JOINT BASE LEWIS - MCCHORD



November 18th - 23rd

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
08:30-09:20	I STROLL SFH - Maddie		I STROLL SFH - Maddie		I STROLL SFH - Maddie	
9:30-10:20	YOGA Jensen - Abby				WATER AEROBICS SFH Pool - Staff	
10:30-11:20		YOGA Jensen - Birgit		YOGA Jensen - Birgit	MIXXED FIT Jensen - Chaz	
11:30-12:20	ZUMBA McChord- Gemma		ZUMBA McChord- Gemma			ZUMBA McChord -Gemma
				ZUMBA Wilson - Savina		STEP McChord -Chrysta
	HIIT Jensen - Susan	STRONG NATION Jensen - Rhachel	HIIT Jensen - Rhachel	ZUMBA Jensen -Rhachel	CARDIO KICKBOXING Jensen - Jackie	
17:00-17:50			CYCLE SFH- Katie			
18:00 - 18:50	MIXXED FIT Jensen - Savina	CARDIO KICKBOXING Jensen - Jackie	MIXXED FIT Jensen - Kelley	MIXXED FIT Jensen - Kelley	STEP Jensen -Chrysta	
	CARDIO & STRENGTH McChord- Jackie		STEP McChord -Chrysta	CARDIO KICKBOXING McChord- Jackie		
		TABATA STRENGTH McVeigh - RV		TABATA STRENGTH McVeigh - RV		

ALL CLASSES SUBJECT TO CHANGE

- 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
- 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 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.
- 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!