

GROUP EXERCISE CLASS SCHEDULE

JOINT BASE LEWIS - MCCHORD



July 28- Aug 3

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30-10:20	Cycle Jensen-Andrew	BARRE Jensen-Maxine	Cycle Jensen-Andrew	BARRE Jensen-Maxine	PILATES Jensen-Maxine	
	I STROLL SFH - Maddie		I STROLL SFH - Meghan		I STROLL SFH - Maddie	
					WATER AEROBICS SFH - Staff	
	STRENGTH TRG McVeigh - Caitlin		STRENGTH TRG McVeigh - Caitlin		STRENGTH TRG McVeigh - Caitlin	
10:30-11:20	PILATES Jensen-Maxine	YOGA Jensen -Birgit	CARDIO & STRENGTH Jensen - Emily	YOGA Jensen -Birgit	CARDIO KICKBOXING CANCELED	
						ZUMBA McChord - Gemma
11:30-12:20	HIIT Jensen - Rhachel	STRONG NATION Jensen - Rhachel	HIIT Jensen - Rhachel	ZUMBA Jensen - Rhachel	ZUMBA Jensen - Gemma	
	ZUMBA McChord - Gemma		ZUMBA McChord - Gemma			
12:30-13:20	ZUMBA McChord - Gemma		ZUMBA McChord - Gemma			
17:30 - 18:20	CARDIO & STRENGTH Jensen - Jackie	CARDIO KICKBOXING Jensen - Jackie	ZUMBA CANCELED	YOGA SCULPT Jensen -Ivy		
				STICK FIGHTING Wilson- Rino		
				STRENGTH TRG McVeigh - Andrew		
18:30-19:20	YOGA Jensen -Ivy					

ALL CLASSES SUBJECT TO CHANGE MOST UP TO DATE SCHEDULE IS POSTED AT EACH FACILITY

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.

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.

Strong Nation - Zumba based workout combining body weight, muscle conditioning, cardio and plyometric training moves.

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

Strength Training- Emphasis on form and technique while gaining strength and confidence in the 3 major lifts in a friendly upbeat enviro

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.

Yoga Sculpt- High energy fitness class, combining principles of yoga with strength training and cardiovascular workouts.

Zumba - Dance to great music, with great people, and burn a ton of calories without even realizing it!

