

GROUP EXERCISE CLASS SCHEDULE

JOINT BASE LEWIS - MCCHORD



SEPT 16 - SEPT 21

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
08:30-09:20						
9:30-10:20	I STROLL SFH - Maddie		I STROLL SFH - Maddie		I STROLL SFH - Maddie	
			HIIT Jensen - Rhachel		WATER AEROBICS SFH Pool - Staff	
	YOGA CANCELLED				YOGA CANCELLED	
10:00-10:50		YOGA Jensen - Birgit		YOGA Jensen - Birgit		
10:30-11:20					MIXXED FIT Jensen - Chaz	MIXXED FIT Wilson - Natasha
						ZUMBA McChord - Gemma
11:30-12:20	ZUMBA McChord- Gemma		ZUMBA McChord- Gemma	ZUMBA McChord -Savina		
	HIIT Jensen - Rhachel	STRONG NATION Jensen - Rhachel		ZUMBA Jensen - Rhachel	ZUMBA Jensen - Gemma	
17:00-17:50		YOGA Jensen -Abby				
			STICK FIGHT McChord -Rino			
18:00 - 18:50	MIXXED FIT Jensen - Mariah	CARDIO KICKBOXING Jensen - Jackie	MIXXED FIT Jensen - Natasha	MIXXED FIT Jensen - Kelley	STEP CANCELLED	
	STEP McChord - Chrysta		STEP McChord -Chrysta	CARDIO KICKBOXING McChord - Jackie		
		TABATA Strength McVeigh - RV		TABATA Strength McVeigh - RV		
19:00-19:50						

Beginner Boxing - 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.

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!