



Joint Base Lewis McChord Fitness

Class Schedule:

June 15th- June 21st



TIME	LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
0800-0850	SFH	Active Duty Swim				H O L I D A Y		
0930-1020	SFH	IStroll- Maddie		IStroll- Meg				
	Wilson			Zumba- CANCELED				
	Jensen	Zumba lift- CANCELED	BARRE- Maxine		BARRE- Maxine			
1030-1120	Jensen	Pilates- Maxine	Yoga- Birgit		Yoga- Birgit			
	McChord						Zumba- Gemma	
1130-1220	SFH		Zumba- CANCELED					
	Jensen	HIIT- Susan	SN- CANCELED	HIIT- Susan	Zumba- Gemma			
	McChord ANNEX	Zumba- Gemma		Zumba- Gemma				
1630-1720	Jensen	Pilates- Maxine	Circl Mobility- CANCELED	Zumba- CANCELED	Circl Mobility- CANCELED			
1730-1820	Wilson				Zumba- CANCELED			
	Jensen	CS- Jackie	CK- Jackie					
	McVeigh		Strength- Josie		Strength- Josie			

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

Active Duty Swim - Active duty lessons, assisting in learning the basics and advancing your current technique. **All active duty levels welcome**

Boxing FND; Boxing Fundamentals- NO CONTACT class, teaching proper stance, bag punches, and footwork with drills and bag work.

CS: Cardio & Strength - A total body workout combining all elements of fitness; cardio, muscle conditioning, coordination, balance and flexibility.

CK: Cardio Kickboxing - High energy martial-arts inspired, full body workout focusing on core training, developing coordination, agility & speed

JBLM CrossFit - High-intensity Functional movements and metabolic conditioning to improve overall fitness.

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.

Strength Class - Build Foundational Strength and improve technique in the Back squat, Bench, and Deadlift.

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

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WA: Water Aerobics - A low-impact class that is designed to improve joint stability, coordination, heart health and strength.

SURGE FIT- High energy, music driven workout that fuses heart pumping cardio with targeted strength to boost endurance, burn calories, and sculpt.

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.