



JOINT BASE LEWIS-MCCHORD GROUP EXERCISE SCHEDULE

Effective March 8, 2021



MONDAY

TIME	CLASS	LOCATION
0930	I Stroll	WFC
1130	Cycling	WFC
1130	Tabata	SFH
1300	Yoga	SFH
1300	Step Circuit	WFC

THURSDAY

TIME	CLASS	LOCATION
0900	Cycling	SFH Spin Rm
1000	Pedal & Flow	SFH
1300	Cardio Kickboxing	WFC
1730	Cycling	SFH Spin Rm

TUESDAY

TIME	CLASS	LOCATION
0900	Cycle	SFH Spin Rm*
1000	Pedal & Flow	SFH
1130	Cycling	SFH Spin Rm
1300	Cardio Kickboxing	SFH
1730	Cycling	SFH Spin Rm
1700	Zumba	WFC

FRIDAY

TIME	CLASS	LOCATION
0930	I Stroll	WFC
1130	Bootcamp	WFC
1300	Cardio Kickboxing	WFC
1700	Cycle	WFC

WEDNESDAY

TIME	CLASS	LOCATION
0930	I Stroll	WFC
1130	Strength Training	SFH
1130	Zumba	WFC
1300	Cardio Kickboxing	WFC
1430	Cycling	WFC

SATURDAY

TIME	CLASS	LOCATION
1100	Mixed Fit	WFC
1230	Zumba	WFC



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SCHEDULE KEY: (WFC): Wilson Fitness Center Basketball Courts - 11 Max
(SFH): Soldiers Field House Basketball Courts - 11 Max
(SFH Spin Rm): Soldiers Field House Spin Room- 6 Max

***Class canceled Mar 9**

♦ **I Stroll (50 min):** Parent and Kid friendly Fitness Bootcamp, Fitness for the whole family. Fee for class

* **Cycling (50 min):** Using a special stationary bike, classes focus on endurance, strength, intervals, high intensity, and recovery phases in an energetic, fun classroom setting.

* **Pedal and Flow (50 min):** Combining the invigorating cycling class and the restorative yoga flows.

♦ **Cardio Kickboxing (50 min):** High energy martial-arts inspired workout, non-contact. Full body workout with phenomenal core training. Destroy calories while developing coordination, agility, and speed.

♦ **Strength Training (50 min):** Strength training for a total body workout. Build Muscle and stamina

* **Zumba (50 min):** Dance to great music, with great people, and burn a ton of calories without even realizing it!

* **Yoga (50 min):** Combines physical exercises, meditation, and breathing techniques to strengthen the muscles and relieve stress.

♦ **Mixed Fit (50 min):** Mix up your fitness routine in this high intensity workout geared to keep your body guessing

* **Bootcamp (50 min):** Traditional high intensity full body workout delivered in a fun atmosphere, challenge yourself and have fun doing it!

COVID MITIGATIONS:

-Participants should be screened for signs/symptoms of COVID-19 prior to classes.

- If participants are showing/experiencing symptoms, they are asked to not participate for the safety of all.

- Mask wearing is recommended during all group exercise classes to include high intensity classes. People who are engaged in high intensity activities may not be able to wear a face covering to exercise. At a minimum, patrons will arrive and leave in a face coverings, wear coverings between equipment or stations, and wear facial coverings throughout other areas of facilities.

- Equipment will be arranged as such so that users are not facing each other and will be positioned at least 12ft apart.

-Participants must register and sign into each class. The classes are offered on a first come first served basis.

- Participants must clean their own equipment before and after use.

- Participants are to bring their own equipment such as yoga mats and gloves that cannot be easily disinfected.