

JOINT BASE LEWIS-MCCHORD GROUP EXERCISE SCHEDULE



MONDAY

TIME	CLASS	LOCATION
0930	iStroll	WFC
1000	Yoga	SFH
1130	Cycling	SFH Spin Rm
1130	Zumba	McChord Anx
1415	Deep Water Running	Kimbrow Pool
1730	Cycling	SFH Spin Rm
1800	Mixed Fit	WFC

TUESDAY

TIME	CLASS	LOCATION
1530	Cycling	WFC
1700	Zumba	WFC
1730	Cycling	SFH Spin Rm
1745	Cardio Kickboxing	McChord Mn

WEDNESDAY

TIME	CLASS	LOCATION
0930	iStroll	WFC
1130	Cycling	SFH Spin Rm
1415	Deep Water Running	Kimbrow Pool
1730	Cycling	SFH Spin Rm
1745	Cardio Kickboxing	McChord Mn
1745	Mixed Fit	WFC

THURSDAY

TIME	CLASS	LOCATION
1130	Zumba	McChord Mn
1530	Cycling	WFC
1730	Cycling	SFH Spin Rm
1745	Cardio Kickboxing	McChord Mn
1800	Zumba	WFC

FRIDAY

TIME	CLASS	LOCATION
0930	iStroll	WFC
0930	Water Aerobics	Kimbrow Pool
1000	Yoga	SFH Gym
1130	Zumba	McChord Mn
1130	Cycling	SFH Spin Rm

SATURDAY

TIME	CLASS	LOCATION
1100	Mixed Fit	WFC
1230	Zumba	WFC

SCHEDULE KEY MAX CAPACITY

WFC: Wilson Fitness Center Basketball Courts	25
SFH Gym: Soldiers Field House Basketball Courts	25
SFH Spin Rm: Soldiers Field House Spin Room	25
SFH Pool: Soldiers Field House Pool	25
McChord Anx: McChord Fitness Annex	25
McChord Mn: McChord Fitness Center	25
Kimbrow Pool: Kimbrow Pool (changes to SFH Pool May 23)	25

CLASS DESCRIPTIONS:

iStroll (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.

Deep Water Running (50 min): Non-impact aerobic workout conducted in the pool improving overall wellness and cardiovascular fitness.

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.

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

Yoga (70 min): Combines physical exercises, meditation, and breathing techniques to strengthen the muscles and relieve stress.

Mixed Fit (50 min): A people-inspired program that combines explosive dance movements with bodyweight toning.

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 no longer required but may be again in the future depending on the JBLM Blue Hash and Community Level status of Pierce County.
- Classes are offered on a first-come, first-served basis. Please sign in to each class at the gym.
- 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.