

GROUP EXERCISE CLASS SCHEDULE

JOINT BASE LEWIS - MCCHORD



NOVEMBER 14-19

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------------|---------------------------|--|--|--|--|-----------------------------|
| 9:30-10:20 | DONSA - NO CLASSES | | i Stroll SFH Gym | i Stroll Jensen | i Stroll Jensen | |
| 10:00-11:20 | | | | | WATER AEROBICS SFH Pool | |
| 11:00-11:50 | | | | | YOGA Jensen | |
| | | | | | | DANCE VIBE Wilson |
| 11:30-12:20 | | ZUMBA Jensen | CYCLE SFH | ZUMBA Jensen | ZUMBA McChord Mn | |
| | | ZUMBA McChord Mn | ZUMBA McChord Mn | ZUMBA McChord Mn | CARDIO & STRENGTH Jensen | |
| | | | CARDIO & STRENGTH Jensen | | | |
| 12:15-13:05 | | | | | | ZUMBA Wilson |
| 14:15-15:05 | | | WATER RUNNING SFH Pool | | | |
| 17:45-18:35 | | CARDIO KICKBOXING McChord Mn | CARDIO KICKBOXING McChord Mn | CARDIO KICKBOXING McChord Mn | MIXXED FIT Jensen | |
| 18:00-18:50 | | | DANCE VIBE Jensen | ZUMBA Jensen | | |

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 workout, non-contact. Full body workout with core training, developing coordination, agility & speed

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 anarobic movements tone & sculpt your body while burning calories.

Deep Water Running - No-impact aerobic workout conducted in the pool improving overall wellness.

i Stroll- Parent and kid friendly Fitness Bootcamp, fitness for the whole family. FEE for this class.

Mixed Fit - A people-inspired program that combines explosive dance movements with bodyweight toning.

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 the muscles and relieve stress.

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