



Joint Base Lewis McChord Fitness

Class Schedule:

April 20th- April 26th



TIME	LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
0930-1020	SFH	IStroll- Maddie		IStroll- Meg		IStroll- Maddie WA- Staff	
	Wilson			Zumba- Crystal			
	Jensen	Zumba lift- Annie	BARRE- Maxine		BARRE- CANCEL	Pilates-CANCEL	
	Sheridan		Strength- Josie				
1030-1120	Jensen	Pilates- Maxine	Yoga- Birgit		Yoga- CANCEL	SurgeFIT- CANCEL	
	McChord						Zumba- Gemma
1130-1220	SFH		Zumba- Crystal				
	Jensen	HIIT- Rhachel	SN- Rhachel	HIIT- Rhachel	Zumba- CANCEL	Zumba- CANCEL	
	Sheridan				Strength- Josie		
	McChord	Zumba- Gemma		Zumba- Gemma			
1630-1720	Jensen	Pilates- Maxine	Zumba- Rachel	Zumba- Annie		Zumba- CANCEL	
1730-1820	Wilson				Zumba- Crystal		
	McVeigh	Boxing Fndamntls CANCEL		Boxing Fndamntls CANCEL			
	Jensen	CS- Jackie	CK- Jackie				

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

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.