



| TIME      | LOCATION | MONDAY              | TUESDAY                 | WEDNESDAY      | THURSDAY                | FRIDAY                       | SATURDAY     |
|-----------|----------|---------------------|-------------------------|----------------|-------------------------|------------------------------|--------------|
| 0800-0850 | SFH      | Active Duty Swim    |                         |                |                         |                              |              |
| 0930-1020 | SFH      | IStroll- Maddie     |                         | IStroll- Meg   |                         | IStroll- Maddie<br>WA- Staff |              |
|           | Wilson   |                     |                         | Zumba- Crystal |                         |                              |              |
|           | Jensen   | Zumba lift- Jessica | BARRE- Maxine           |                | BARRE- Maxine           | Pilates- Maxine              |              |
| 1030-1120 | Jensen   | Pilates- Maxine     | Yoga- Birgit            |                | Yoga- Birgit            | SurgeFIT- Maxine             |              |
|           | McChord  |                     |                         |                |                         |                              | Zumba- Gemma |
| 1130-1220 | SFH      |                     | Zumba- Crystal          |                |                         |                              |              |
|           | Jensen   | HIIT- Rhachel       | SN- Rhachel             | HIIT- Rhachel  | Zumba- Crystal          | Zumba- Gemma                 |              |
|           | McChord  | Zumba- Gemma        |                         | Zumba- Gemma   |                         |                              |              |
| 1630-1720 | Jensen   | Pilates- Maxine     | Circl Mobility- Jessica | Zumba- Jessica | Circl Mobility- Jessica |                              |              |
| 1730-1820 | Wilson   |                     |                         |                | Zumba- Crystal          |                              |              |
|           | 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.