



# Joint Base Lewis McChord Fitness

## Class Schedule:

### March 30th- April 5th



TIME	LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
0930-1020	SFH	IStroll- Maddie		IStroll- Meg		IStroll- Maddie WA- Staff	
	Wilson			Zumba- Rhachel			
	Jensen	Zumba lift- Annie	BARRE- Maxine		BARRE- Maxine	BARRE- Maxine	
	Sheridan		Strength- Josie				
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- Rhachel	Zumba- Gemma	
	Sheridan				Strength- Josie		
	McChord	Zumba- Gemma		Zumba- Gemma			
1630-1720	Jensen	Pilates- Maxine	Zumba- Rachel	Zumba- Annie		Zumba- Rachel	
1730-1820	SFH			Cycle- Cass			
	Wilson				Zumba- Rachel		
	McVeigh	Boxing Fndamntls Felix		Boxing Fndamntls Felix			
	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.

**SN: Strong Nation** - Zumba based workout combining body weight, muscle conditioning, cardio and plyometric training moves.

**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, meditation, 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.