

Joint Base Lewis McChord Fitness

Class Schedule:

Janaury 12th- January 18th



TIME	LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
0930-1020	SFH	IStroll- Maddie		IStroll- Meg		D O N S A	
	Wilson			Zumba- Crystal			
	Jensen		BARRE- Maxine		BARRE- Maxine		
1030-1120	Jensen	Pilates- Maxine	Yoga- Birgit		Yoga- Birgit		
	McChord						Zumba- Gemma
1130-1220	SFH	Cycle- Andrew		Cycle- Andrew			
	Jensen	HIIT- Rhachel	SN- Rhachel	HIIT- Rhachel	Zumba- Crystal		
	Wilson						Zumba- Rachel
	McChord	Zumba- Gemma		Zumba- Gemma			
1630-1720	Jensen	Pilates- Maxine	Zumba- Rachel	Zumba- Annie			
1730-1820	Wilson				Zumba- Crystal		
	Jensen	CS- Jackie	CK- Jackie		CANCELED		
1830-1920	Jensen	Yoga- Ivy					

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

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

Cycle - Using a special stationary bike, class focuses on endurance, strength, intervals, high intensity and recovery phases.

FMA: Filipino Martial Arts: Stick Fight Martial Arts - A combination of traditional martial arts movements using stick-fighting techniques.

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

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

HIIT - High Intensity Workout incorporating cardio, free weights and body weight.

ST: Strength Training - Emphasis on form and technique while gaining strength and confidence in the 3 major lifts in a friendly upbeat environment.

WA: Water Aerobics - A low-impact class that is designed to improve joint stability, coordination, heart health and strength.

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.