

JOINT BASE LEWIS-MCCHORD GROUP EXERCISE SCHEDULE

OCTOBER
2021



MONDAY		
TIME	CLASS	LOCATION
0930	I Stroll	WFC
1000	Yoga	SFH
1130	Cycling	WFC
1745	Mixxed Fit	WFC

THURSDAY		
TIME	CLASS	LOCATION
0645	Cycling	WFC
1130	Cycling	SFH SpinRm
1745	Cardio Kickboxing	McChord Mn

TUESDAY		
TIME	CLASS	LOCATION
0630	Bootcamp/Kickboxing	McChord Anx
1130	Cycling	SFH Spin Rm
1130	Zumba	McChord Mn
1700	Zumba	WFC
1745	Cardio Kickboxing	McChord Mn

FRIDAY		
TIME	CLASS	LOCATION
0930	I Stroll	WFC
1000	Yoga	SFH
1130	Zumba	McChord Mn

WEDNESDAY		
TIME	CLASS	LOCATION
0930	I Stroll	WFC
1130	Zumba	WFC
1630	Yoga	SFH Gym
1730	Cycling	SFH SpinRm
1800	Cardio Kickboxing	WFC
1745	Mixxed Fit	SFH Gym

SATURDAY		
TIME	CLASS	LOCATION
1100	Mixxed Fit	WFC
1230	Zumba	WFC

SCHEDULE KEY

	MAX CAPACITY
WFC: Wilson Fitness Center Basketball Courts	25
SFH Gym: Soldiers Field House Basketball Courts	25
SFH Spin Rm: Soldiers Field House Spin Room	25
McChord Anx: McChord Fitness Annex	25
McChord Mn: McChord Fitness Center	25

I Stroll (50 min): Parent and Kid friendly Fitness Bootcamp, fitness for the whole family. Fee for class.

Cycling (50 min): Using a special stationary bike, classes focus on endurance, strength, intervals, high intensity, and recovery phases in an energetic, fun classroom setting.

Cardio Kickboxing (50 min): High energy martial-arts inspired workout, non-contact. Full body workout with phenomenal core training. Destroy calories while developing coordination, agility and speed.

Strength Training (50 min): Strength training for a total body workout. Build muscle and stamina.

Zumba (50 min): Dance to great music, with great people, and burn a ton of calories without even realizing it!

Yoga (50 min): Combines physical exercises, meditation, and breathing techniques to strengthen the muscles and relieve stress.

Mixxed Fit (50 min): A People Inspired dance fitness program that combines movements with body weight toning.

Bootcamp (50 min): Traditional high-intensity full body workout delivered in a fun atmosphere, challenge yourself and have fun doing it!

COVID MITIGATIONS:

- Participants should be screened for signs/symptoms of COVID-19 prior to classes.
- If participants are showing/experiencing symptoms, they are asked to not participate for the safety of all.
- Mask wearing is required during all group exercise classes to include high-intensity classes. People who are engaged in high-intensity activities may not be able to wear a face covering to exercise.
- Participants must register and sign in to each class. The classes are offered on a first-come, first-served basis.
- Participants must clean their own equipment before and after use.
- Participants are to bring their own equipment such as yoga mats and gloves that cannot be easily disinfected