

GROUP EXERCISE CLASS SCHEDULE

JOINT BASE LEWIS - MCCHORD




July 7- July 13	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:30-10:20	D O N S A	BARRE	Cycle	BARRE	YOGA	
			CANCELED	Jensen-Andrew	CANCELED	Jensen -Briauna	
				I STROLL		I STROLL	
				SFH - Meghan		SFH - Maddie	
						WATER AEROBICS SFH - Staff	
			STRENGTH TRG		STRENGTH TRG		
			McVeigh - Caitlin		McVeigh - Caitlin		
	YOGA		YOGA	YOGA	CARDIO KICKBOXING		
	Jensen -Birgit		Jensen -Briauna	Jensen -Birgit	Jensen - Jackie		
						ZUMBA CANCELED	
	STRONG NATION	HIIT	ZUMBA	ZUMBA			
	Jensen - Rhachel	Jensen - Rhachel	Jensen - Rhachel	CANCELED			
	ZUMBA GOLD	ZUMBA	ZUMBA				
	McChord -Savina	CANCELED	McChord -Savina				
	CARDIO KICKBOXING	ZUMBA	YOGA SCUPLT				
	Jensen - Jackie	Jensen - Annie	Jensen -Ivy				
			STICK FIGHTING				
			Wilson- Rino				
			STRENGTH TRG				
			mcveigh - Andrew				
YOGA							
Jensen -Briauna							

ALL CLASSES SUBJECT TO CHANGE

Cardio & Strength - A total body workout combining all elements of fitness; cardio, muscle conditioning, coordination, balance and flexibility.

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.

Dance Vibe - Focusing on a combination of aerobic and anaerobic movements tone & sculpt your body while burning calories.

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.

Mixed Fit- A people-inspired program that combines explosive dance movements with bodyweight toning.

Step - Aerobic workout that involves high intensity stepping movements.

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

TABATA Strength - Strength and endurance training

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

Yoga - Combining physical exercises, mediation, and breathing techniques to strengthen muscles and relieve stress.

Zumba - Dance to great music, with great people, and burn a ton of calories without even realizing it!




