

# GROUP EXERCISE CLASS SCHEDULE

## JOINT BASE LEWIS - MCCHORD



JULY 1 - JULY 6	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	08:30-09:20				<b>HOLIDAY - NO CLASSES</b>	<b>DONSA - NO CLASSES</b>	TABATA Strength <b>CANCELLED</b>	
	9:30-10:20	I STROLL SFH - Maddie		I STROLL SFH - Maddie				
		YOGA <b>CANCELLED</b>						
	10:00-10:50		YOGA Jensen - Birgit 10:00-11:20					
	10:30-11:20							DANCE VIBE Wilson - Regina
								ZUMBA McChord - Gemma
	11:30-12:20	ZUMBA McChord - Gemma		ZUMBA McChord - Gemma				STEP McChord - Chrysta
		HIIT Jensen - Rhachel	STRONG NATION Jensen - Rhachel					
	17:00-17:50		YOGA <b>CANCELLED</b>				STICK FIGHT McChord - Rino	
MIXED FIT Jensen - Chaz		CARDIO KICKBOXING Jensen - Jackie	MIXED FIT Jensen - Natasha					
18:00 - 18:50	CARDIO & STRENGTH McChord - Jackie	STEP <b>CANCELLED</b>	STEP McChord - Chrysta					
	CrossFit <b>CANCELLED</b>	TABATA Strength Jensen - RV	CrossFit Jensen - Jack					
	19:00-19:50		CrossFit <b>CANCELLED</b>					

## CLASS DESCRIPTIONS

- Boxing 101** - Learn proper boxing techniques
- 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
- CrossFit** - Strength training that will help prep you for bending, twisting, lifting, loading and more that you'll experience in everyday life.
- 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. 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.
- Stick Fight Martial Arts** - A combination of traditional martial arts movements using stick-fighting techniques.
- 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, meditation, 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!

For information on upcoming fees, scan QR code

