

GROUP EXERCISE CLASS SCHEDULE

JOINT BASE LEWIS - MCCHORD



July 14- July 20	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:30-10:20	Cycle	BARRE	Cycle	BARRE	YOGA	
		Jensen-Andrew	Jensen-Maxine	Jensen-Andrew	Jensen-Maxine	Jensen -Briauna	
		I STROLL		I STROLL		I STROLL	
		SFH - Maddie		SFH - Meghan		SFH - Maddie	
						WATER AEROBICS	
						SFH - Staff	
	10:30-11:20	STRENGTH TRG		STRENGTH TRG		STRENGTH TRG	
		McVeigh - Caitlin		McVeigh - Caitlin		McVeigh - Caitlin	
		YOGA	YOGA	YOGA	YOGA	CARDIO KICKBOXING	
	11:30-12:20	Jensen -Briauna	Jensen -Birgit	Jensen -Briauna	Jensen -Birgit	Jensen - Jackie	
							ZUMBA
	17:30 - 17:50						McChord - Gemma
		HIIT	STRONG NATION	HIIT	ZUMBA	ZUMBA	
		Jensen - Rhachel	Jensen - Rhachel	Jensen - Rhachel	Jensen - Rhachel	Jensen - Gemma	
	18:30-19:20	ZUMBA		ZUMBA			
		McChord - Gemma		McChord - Gemma			
		CARDIO & STRENGTH	CARDIO KICKBOXING	ZUMBA	YOGA SCULPT		
		Jensen - Jackie	Jensen - Jackie	Jensen - Annie G.	Jensen -Ivy		
	17:30 - 17:50				STICK FIGHTING		
					Wilson- Rino		
	18:30-19:20				STRENGTH TRG		
					McVeigh - Andrew		
	18:30-19:20	YOGA	YOGA				
		Jensen -Ivy	Jensen -Briauna				

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

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 phase

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.

Mixxed 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 m

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!

