

GROUP EXERCISE CLASS SCHEDULE

JOINT BASE LEWIS - MCCHORD



FEBRUARY 20 - FEBRUARY 25

HOLIDAY - NO CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00-9:50						
9:30-10:20			I STROLL SFH - Kristin		I STROLL SFH - Kristin	
10:00-10:50				CYCLE SFH - Cass	WATER AEROBICS SFH Pool - Staff	FUNCTIONAL FITNESS McVeigh - Cass
11:15-11:55						DANCE VIBE Wilson - Regina
11:30-12:20						
14:15-15:05						
17:00-17:50						
18:00-18:50						

- 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 anarobic movements tone & sculpt your body while burning calories.
- Deep Water Running - No-impact aerobic workout conducted in the pool improving overall wellness.
- HIIT - High Intensity Workout incorporating cardio, free weights and body weight.
- Stick Fight Martial Arts - A combination of traditional martial arts movements using stick-fighting techniques.
- Functional Fitness - Strength training that will help prep you for bending, twisting, lifting, loading and more that you'll experience in everyday li
- 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.
- 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!