

# GROUP EXERCISE CLASS SCHEDULE

## JOINT BASE LEWIS - MCCHORD



June 30- July 6	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:30-10:20	<b>Cycle</b>	<b>BARRE</b>	<b>Cycle</b>	<b>BARRE</b>	<b>F O U R T H  O F  J U L Y</b>	
		Jensen-Andrew	<b>CANCELED</b>	Jensen-Andrew	<b>CANCELED</b>		
		<b>I STROLL</b>		<b>I STROLL</b>			
		SFH - Maddie		SFH - Meghan			
		<b>STRENGTH TRG</b>		<b>STRENGTH TRG</b>			
		McVeigh - Caitlin		McVeigh - Caitlin			
	10:30-11:20	<b>YOGA</b>	<b>YOGA</b>	<b>YOGA</b>	<b>YOGA</b>		
		Jensen -Briauna	Jensen -Birgit	Jensen -Briauna	Jensen -Birgit		
	11:30-12:20						<b>ZUMBA</b>
							<b>CANCELED</b>
		<b>HIIT</b>	<b>STRONG NATION</b>	<b>HIIT</b>	<b>ZUMBA</b>		
		Jensen - Rhachel	Jensen - Rhachel	Jensen - Rhachel	Jensen - Rhachel		
		<b>ZUMBA</b>	<b>ZUMBA GOLD</b>	<b>ZUMBA</b>	<b>ZUMBA</b>		
	17:30 - 18:20	<b>CANCELED</b>	McChord -Savina	<b>CANCELED</b>	McChord -Savina		
		<b>CARDIO &amp; STRENGTH</b>	<b>CARDIO KICKBOXING</b>	<b>ZUMBA</b>	<b>YOGA SCUPLT</b>		
		Jensen - Jackie	Jensen - Jackie	Jensen - Annie	Jensen -Ivy		
					<b>STRENGTH TRG</b>		
					McVeigh - Andrew		
	18:30-19:20	<b>YOGA</b>	<b>YOGA</b>				
		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 phases.

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.

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!

