

GROUP EXERCISE CLASS SCHEDULE

JOINT BASE LEWIS - MCCHORD



MARCH 13 - MARCH 18

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00-9:50	HIIT Jensen - Rhachel					
9:30-10:20	I STROLL SFH - Kristin		I STROLL SFH - Kristin		I STROLL SFH - Kristin	
		FUNCTIONAL FITNESS McVeigh - Cass			WATER AEROBICS SFH Pool - Staff	FUNCTIONAL FITNESS McVeigh - Cass
10:00-10:50		YOGA Jensen - Birgit 10:00-11:20		YOGA Jensen - Birgit 10:00-11:20	CYCLE Jensen - Cass	ZUMBA McChord Mn. - Gemma
11:15-12:05						DANCE VIBE Wilson - Regina
11:30-12:20		ZUMBA McChord Mn. - Gemma	ZUMBA McChord Mn. - Gemma	FUNCTIONAL FITNESS McVeigh - Cass		
	ZUMBA Jensen - Gemma			ZUMBA Jensen - Rhachel	ZUMBA Jensen - La Brea	
12:15-13:05						ZUMBA Wilson - Kateri
14:15-15:05	DEEP WATER RUNNING SFH Pool - Staff		DEEP WATER RUNNING SFH Pool - Staff			
17:00-17:50		ZUMBA Jensen - Florina	STICK FIGHT MARTIAL ARTS Jensen - Rino		STICK FIGHT MARTIAL ARTS Jensen - Rino	
18:00-18:50	DANCE VIBE Jensen - Larissa	CARDIO KICKBOXING Jensen - Jackie	DANCE VIBE Jensen - Natasha	ZUMBA Jensen - Kateri	MIXXED FIT Jensen - Isaiah	
	CYCLE SFH - Martha	CYCLE SFH - Cass	CYCLE SFH - Martha	CYCLE SFH - Cass		
	CARDIO & STRENGTH McChord Mn. - Jackie	DANCE VIBE McChord Mn. - Kelley	CARDIO KICKBOXING McChord Mn. - Jackie			

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!