Joint Base Lewis McChord Fitness Class Schedule:

November 2nd - November 8th 2026

TIME	LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
0800-0850	SFH	Active Duty Swim					
0930-1020	SFH					WA- Staff	
	Jensen	Zumba lift- Annie	BARRE- Maxine		BARRE- Maxine	Pilates- Maxine	
1030-1120	Jensen	Pilates- Maxine	Yoga- Birgit		Yoga- Birgit	SurgeFIT- Maxine	
	McChord ANNEX			TRX- Maxine			
	McChord						Zumba- Gemma
1130-1220	Jensen	HIIT- Rhachel	SN- Rhachel	Circl Mobility- Rhachel	Zumba- Jessica	Zumba- Gemma	
	McChord ANNEX	Zumba- Gemma		Zumba- Gemma			
1630-1720	Jensen			Zumba-Annie			
1730-1820	Jensen	CS- Jackie	CK- Jackie				
	McVeigh	Boxing Fndamntls- Felix	Strength- Josie	Boxing Fndamntls- Felix	Strength- Josie		

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

Must be 18 years or older to participate in group fitness classes

Active Duty Swim - Active duty lessons, assisting in learning the basics and advancing your current technique. **All active duty levels welcome**

Barre - a high-intensity fitness workout combining ballet, Pilates, and yoga techniques to strengthen and tone the entire body. Using a ballet barre for stability, it features small, controlled, isometric movements and high repetitions to improve muscular endurance, posture and flexibility.

Boxing FND; Boxing Fundamentals- NO CONTACT class, teaching proper stance, bag punches, and footwork with drills and bag work.

Circl Mobility- A slow-paced, music driven recovery class designed to improve your flexibility, joint mobility, and overall physical relaxation.

CS: Cardio & Strength - High energy martial-arts inspired workout, non-contact. Full body workout with phenomenal core training. Destroy calories while developing coordination, agility, and speed.

CK: Cardio Kickboxing - High energy martial-arts inspired, full body workout focusing on core training, developing coordination, agility & speed

JBLM CrossFit - High-intensity Functional movements and metabolic conditioning to improve overall fitness.

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 class: Free one-week trial, Drop-In $10, Monthly $45, 10 Class Pass $70, 5 Class Pass $45. Details: https://istroll.co/jblm

Pilates - a mind-body exercise method focusing on core strength, muscular endurance, and posture. It emphasizes precise, controlled movements, deep breathing, and spinal alignment.

Strength Training - Emphasis on form and technique while gaining strength and confidence in the 3 major lifts in a friendly, upbeat environment.

SN: Strong Nation - Zumba based workout combining body weight, muscle conditioning, cardio and plyometric training moves.

TRX: A full-body workout that uses adujstable suspension straps and your own body weight to build strength, balance, core stability, and flexibility.

WA: Water Aerobics - A low-impact class that is designed to improve joint stability, coordination, heart health and strength.

SURGE FIT- High energy, music driven workout that fuses heart pumping cardio with targeted strength to boost endurance, burn calories, and sculpt.

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!

Zumba Lift - is a high-energy, music-driven workout program that fuses the joy and cardio intervals of traditional Zumba dance with the muscle-sculpting power of resistance training using weights and resistance bands