

# GROUP EXERCISE CLASS SCHEDULE

## JOINT BASE LEWIS - MCCHORD



**AUGUST 26- AUGUST 31**

**DONSA - NO CLASSES**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
08:30-09:20						TABATA Strength <b>CANCELLED</b>
9:30-10:20	I STROLL SFH - Maddie		I STROLL SFH - Maddie			
	YOGA Jensen - Abby					
10:00-10:50		YOGA Jensen - Birgit		YOGA Jensen - Birgit		
10:30-11:20						MIXXED FIT Wilson - Natasha
11:30-12:20	ZUMBA McChord- Gemma		ZUMBA McChord- Gemma	ZUMBA McChord -Savina		ZUMBA Wilson - Gemma
	ZUMBA Jensen - Susan	ZUMBA Jensen - Susan	CARDIO STRENGTH Jensen- Emily	ZUMBA Jensen - Susan		
17:00-17:50		YOGA Jensen - Abby				
			STICK FIGHT McChord - Rino			
18:00 - 18:50	MIXXED FIT Jensen - Chaz	CARDIO KICKBOXING Jensen - Jackie	MIXXED FIT Jensen - Natasha	MIXXED FIT Jensen - Kelley		
	CARDIO & STRENGTH McChord - Jackie		STEP McChord - Crysta	CARDIO KICKBOXING McChord - Jackie		
		TABATA STRENGTH McVeigh - RV		TABATA STRENGTH McVeigh - RV		

### Class Descriptions

- Boxing 101 - Learn proper boxing techniques.
- 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.
- CrossFit - Strength training that will help prep you for bending, twisting, lifting, loading and more that you'll experience in everyday life.
- 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 moves.
- TABATA Strength - Strength and endurance training.
- 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!



For information on upcoming fees, scan QR code