

# GROUP EXERCISE CLASS SCHEDULE

## JOINT BASE LEWIS - MCCHORD



AUGUST 26- AUGUST 31	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	08:30-09:20					DONSA - NO CLASSES	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		
			YOGA Jensen - Abby				
	17:00-17:50			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.

Mixed 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, 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!



For information on upcoming fees, scan QR code