

JBLM Fitness Center McChord Field

EXERCISE CLASS SCHEDULE

Effective: April 28, 2010

All classes will be held in the Fitness Center Bldg. 729

ALL CLASSES ARE FREE

Classes with **orange** background are Fitness Improvement Program Classes

TIME	MON	TUE	WED	THUR	FRI
6 - 7 a.m.		F.I.P. CYCLING		F.I.P. CYCLING	
11 a.m. - noon	F.I.P. CARDIO TONE	PILATES	KICKBOXING	PILATES	F.I.P. CARDIO TONE
noon - 1 p.m.	PILATES	F.I.P. CYCLING	ZUMBA	F.I.P. CYCLING	
5 - 6 p.m.	ZUMBA		ZUMBA		
6 - 7 p.m.	YOGA		YOGA		

CLASS DESCRIPTIONS:



CARDIO KICKBOXING

A fun, high energy class utilizing martial arts and boxing moves. Jab, Cross, Hook, & Uppercut your way into FITNESS. Get a rigorous workout; increase muscular strength and endurance and burn that body fat! For all FITNESS levels!

CYCLING BIKE (F.I.P. CLASS-Fitness Improvement Program)

Whether you are an experienced cyclist or a weekend cruiser, "Cycling" is a ZERO-impact, fat-burning, full body cardio workout that allows you the flexibility to go at your own pace. Avoid the elements of outdoors and no equipment needed!

FITNESS READINESS (F.I.P. CLASS-Fitness Improvement Program)

Fitness Readiness is comprising of a warm up, minimum of 30 minutes cross training and can utilize training elements from any of the following; basic aerobic, step, power walking, running, circuit training, grid training, boxing, sports skills, body sculpting with or without weights and cool down. Designed for aerobic participants with modifications for intermediate and beginner students.

PILATES

Pilates is a series of exercises performed on the mat that simultaneously strengthen the center, lengthen the spine, build muscle tone and increase flexibility, while eliminating excess tension and strain on the joints. Pilates is suitable for all ages and body types.

YOGA

Develop strength, flexibility, breathing control & mental focus through a progressive series of postures and connective movements. Finish with total relaxation. For all fitness levels.

ZUMBA!

The latest in hot dance fitness. This Latin and international-based cardio workout will really get you moving and grooving! You will be having so much fun it won't seem like exercise. Come join the party!!