

# AEROBICS GROUP FITNESS SCHEDULES

FOR MORE INFORMATION CALL 856-6241

ALL GROUP CLASSES ARE HELD IN BLDG 700 UNLESS NOTED OTHERWISE

**1 December 2021**

**\*\* Classes Are Fitness Improvement Program Approved**

**All Classes and Times and Locations Subject to Change**

| <i>TIME</i>  | <i>MON</i>   | <i>TUES</i>  | <i>WED</i>   | <i>THUR</i>   | <i>FRI</i>   |
|--|--|--|--|---|--|
| <i>0500/<br/>0600<br/>25<br/>Oct-<br/>May<br/>2022</i> | <b>**Run clinic<br/>Starting Monthly<br/>Running Track</b> |  | <b>**Run clinic<br/>Starting Monthly<br/>Running Track</b> |   | <b>**Run clinic<br/>Starting Monthly<br/>Running Track</b> |
| <i>0600</i>  |  | <b>**Strength<br/>training w/ Max<br/>Combat Tent</b>                                    |  | <b>**Strength<br/>training w/ Max<br/>Combat Tent</b> |  |
| <i>0900</i>  | <b>Strength Circuit<br/>w/ Max<br/>Combat PT tent</b>      | <b>Yoga<br/>w/ Nicole</b>  |  | <b>Strength Circuit<br/>w/ Max<br/>Combat PT tent</b> |  |
| <i>1030</i>  |  |  |  | <b>Equipment<br/>Orientation<br/>w/ Max</b>           |  |
| <i>1700</i>  | <b>*Tabata<br/>SpinClass Margarita<br/>Combat PT Tent</b>  | <b>Tabata<br/>Margarita<br/>Combat PT Tent</b><br><br>-----<br><b>Yoga<br/>w/ Nicole</b> | <b>Muscle Mix<br/>w/ Crystal</b>                           | <b>Muscle Mix<br/>w/ Crystal</b>                      |  |

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**Masks required at all times  
as stated by Public Health guidelines**

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## **\*\*Run Clinic Monday through Friday**

The Run Clinic focuses on teaching pacing, stride, breathing, and speed improvement three times a week (Mon-Wed-Fri). On Tuesdays and Thursdays, the course focus on cardiovascular endurance, as well as core and upper body strengthening for the push-up and sit-up portion of the Physical Fitness Test.

Contact Fitness Center for start dates.  
For summer (9 May – 21 Oct) 0500-  
2022  
-- 6 week sessions—

## **\*\*Strength Training with Max Tuesday & Thursday 0600**

A variety of exercises which builds endurance, strength and sculpts the body. Specifically for the Run Clinic.

**NOTE: CLASS IS HELD IN THE COMBAT PT TENT.**

## **Tabata Spin Class Monday (*Open to all DoD card holders*) 1700 in Combat PT tent**

Tabata training is a high-intensity interval training (HIIT) workout, featuring exercises and the spin bike that last four minutes each with a work rest cycle of 20 seconds: 10 respectively.

## **Yoga with Nicole Tuesday 0900 & 1700 (*Open to all DoD card holders*)**

Yoga helps to reduce stress, build flexibility, create strength and balance, and introduce better mind-body awareness. Each all-levels class may incorporate a sequence of standing postures, balance poses, seated and reclining postures, mild backbends and core isolation exercises.

## **\*\*Strength Circuit with Max Monday & Thursday 0900 in Combat PT tent**

A variety of exercises which builds endurance, strength and sculpts the body.  
*Open to all DoD card holders*

## **Equipment Orientation**

**Thursday 1030**

A fitness orientation is an information session typically 30-45 minutes in length that will provide you with the basics of how to use the weight machines and cardio equipment. You will learn how to start, stop, and change settings on cardio machines, change seat height and weight selection on machines, and have a discussion of proper form on the weight machines.

*“By appointment only”*

## **Tabata class Tuesday 1700 Combat PT tent**

Tabata training is a high-intensity interval training (HIIT) workout, featuring exercises that last four minutes each with a work rest cycle of 20 seconds: 10 respectively.  
*Open to all DoD card holders*

## **Muscle Mix with Crystal Wednesday & Thursday 1700**

A variety of movements from strength to mobility and stability, which builds a strong, agile, resilient whole body program.

*Open to all DoD card holders*