

January–May 2017

Group Exercise Schedule

FITNESS & AQUATICS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
COMMAND PT CLASSES / NOFFS (by request)				
		07:00 - 07:45 Spin/Bootcamp		
09:30 - 10:15 HIIT	09:30 - 10:15 Boot Camp	09:30 - 10:15 Tabata Inspired	09:30 - 10:15 Boot Camp	09:30 - 10:30 PITAIYO
10:15 - 11:00 Mommy Madness	10:15 - 11:15 Spin & Core	10:15 - 11:00 Mommy Madness	10:15 - 11:15 Spin & Core	10:45 - 11:45 Zumba
10:30 - 11:30 Zumba	11:15 - 12:15 Yoga	10:30 - 11:30 Zumba	11:15 - 12:15 Yoga	
16:45 - 17:30 AquaFit		16:45 - 17:30 AquaFit		
16:30 - 17:30 Yoga		16:30 - 17:30 Yoga		
17:30 - 18:30 Endurance Ride	17:00 - 17:45 TRX Plus	17:30 - 18:30 Endurance Ride	17:00 - 17:45 TRX Plus	
	18:00 - 19:00 Zumba		18:00 - 19:00 Zumba	

*Classes will not be held on American holidays.

Program Description

Instructors try to meet the demands of all fitness levels and will show modifications as requested.

NOFFS (by Command request)

This class is guaranteed to wake you up. Workouts are energetic, explosive and high intensity exercises with the goal of achieving your personal best during each exercise. Every workout is different and exciting

Aqua Fit

*At the Aquatics Center.

This is a multi-level pool workout offers both cardiovascular and muscle conditioning while using the water's resistance to tone the entire body.

Boot Camp

Boot camp is a mix of strength training with cardio! Get your sweat on- bust through plateaus and get energized!

Spin & Core, Endurance Ride

Leave all of life's troubles in the parking lot! The class is for all fitness levels, after all it's your ride! *Cycling & Core* has 15 minutes of core exercises.

HIIT

Get the results of a personal training session in this medium to high-intensity conditioning class. This is a full body resistance training workout. Work on your muscular strength and endurance levels.

Mommy Madness

Bring your babies and preschoolers (ages 0-5) for this fun, high-energy combination of cardio and strength training utilizing different equipment to help you tone your body. New moms need medical clearance from a physician. Mommy Madness is for everyone!

NOFFS Regeneration

Thirty-minutes of stretching, foam rolling, and soft tissue release to help muscles recuperate after hard workouts or a long work week. This method of regeneration has been shown to increase physical and athletic performance.

PITAIYO

This is a dynamic fusion of Pilates, Tai Chi and yoga. This athletic-inspired class delivers total mind and body conditioning for the beginner to the elite athlete.

Tabata Inspired

Tabata Inspired takes you through intense intervals of different exercises to burn fat and strengthen every muscle group of the body.

TRX Plus

Using the TRX straps build muscle, increase flexibility and tighten your core. *TRX Plus* will challenge your core, increase functional strength, improve mobility and boost your performance with sports conditioning drills & skills.

Yoga

Yoga classes are suitable for any level. Yoga emphasizes the balanced development of the body through core strength, flexibility and awareness to support efficient graceful movement.

Zumba

This is a Latin-inspired dance-fitness program that blends red-hot international music and contagious steps to form a "fitness-party" that is downright addictive.

