



# MWR fitness Center Group Exercise Schedule

MAY-JUN 2018

MON DAY	TUES DAY	WEDNESDAY	THURSDAY	FRI DAY
<b>Strength &amp; Conditioning</b> 06:00 - 07:00	<b>Strength &amp; Conditioning</b> 06:00 - 07:00	<b>Strength &amp; Conditioning</b> 06:00 - 07:00	<b>Strength &amp; Conditioning</b> 06:00 - 07:00	<b>Strength &amp; Conditioning</b> 06:00 - 07:00
<b>BST Conditioning</b> 09:30 - 10:15	<b>Warrior Workout</b> 09:30 - 10:30	<b>BST Conditioning</b> 09:30 - 10:15	<b>Warrior Workout</b> 09:30 - 10:30	<b>Yoga</b> 09:15 - 10:15
<b>Zumba</b> 10:30 - 11:30	<b>Spin</b> 11:00 - 11:45	<b>Mommy &amp; Me Bootcamp</b> 10:30 - 11:15	<b>Spin</b> 11:00 - 11:45	<b>Zumba</b> 10:30 - 11:30
<b>Yoga</b> 17:00 - 18:00	<b>Yoga</b> 11:15 - 12:15	<b>Yoga</b> 17:00 - 18:00	<b>Yoga</b> 11:15 - 12:15	
<b>Endurance Ride</b> 17:30 - 18:30	<b>TRX XPRESS</b> 17:00 - 17:45	<b>Endurance Ride</b> 17:30 - 18:30	<b>TRX XPRESS</b> 17:00 - 17:45	
	<b>Zumba</b> 18:00 - 19:00			

## Program Description

- ◆ **BOOT CAMP** is a mix of strength training with cardio! Get your sweat on- bust through plateaus and get energized!
- ◆ **BST, THE BLOOD, SWEAT AND TEARS CONDITIONING** class is as tough as it sounds, featuring a variety of calisthenics and plyometrics to push fitness levels to the absolute maximum. Come get your sweat on!
- ◆ **WARRIOR WORKOUT** is a combined challenge of muscular strength and cardiovascular endurance. Test your ability to exert maximum muscle effort for an extended period, while the entire body is put to the test. All-out efforts, intense fun.
- ◆ **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!
- ◆ **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.
- ◆ **TRX.** 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.
- ◆ **STRENGTH AND CONDITIONING** Class series encompasses weighted and body weight exercises to gain muscle mass, while achieving cardiovascular endurance. This class targets all muscle groups by engaging in dynamic and isometric movements. The workouts will be done with high intensity and high energy. It is designed to promote strength, cardiovascular endurance, lean muscle growth, and excess fat loss.
- ◆ **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** 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.