

# Need Motivation?

COME JOIN US  
TODAY!!

GET IN SHAPE!

Achieve your fitness goals!  
Expert-Certified Instructors!

**FREE!**



## VAFB Group Fitness Schedule

A&FRC, Bldg. 10122 (Group Fitness Room) • Call for info: 606-3832

TIMES	MON	TUE	WED	THURS	FRI	SAT
0900-0955		Total Body Conditioning		Cardio Circuit *FIP		Total Body Conditioning *FIP
1000-1100						Salsa Sizzle
1200-1245		Cardio Kick-Boxing	Restorative Yoga (Beginning on 19 May)	Cardio Kick-Boxing		
1645-1740			Total Body Conditioning			
1730-1825	Step Interval-N-Strength *FIP			Step		
1830-1930	Yoga Fitness			Yoga Fitness		

\* FIP - Fitness Improvement Program. Designed for those who do not meet Air Force fitness, strength, and/or weight/body fat standards.

## Indoor Cycling Schedule

Fitness Center Annex, Bldg. 9005 • Call for info: 606-3832

TIMES	MON	TUE	WED	THURS	FRI	SAT
0600-0645	Indoor Cycling	Indoor Cycling	Indoor Cycling	Indoor Cycling	Indoor Cycling *FIP	
0800-0845						Indoor Cycling
1645-1730	Indoor Cycling			Indoor Cycling		
1800-1845			Indoor Cycling			

# Group Fitness Class Descriptions

**STEP INTERVAL-N-STRENGTH:** A 30-minute STEP interval workout incorporating segments of intense bursts of energy, followed by 25 minutes of strength training using various types of equipment including hand weights, stability ball, tubing, medicine balls, and body bar.

**TOTAL BODY CONDITIONING (TBC):** The most effective exercises for total body fitness are incorporated in this class to strengthen your heart, increase your muscle strength and endurance, challenge your core, and increase your workout intensity level. This class hits every major muscle group using both isolation muscle techniques and compound combination moves using hand held weights, body ball and more, while continually engaging your core-stabilizing muscles throughout this energetic comprehensive workout.

**CARDIO KICK-BOXING:** Learn the basics and beyond in this exciting non-contact group exercise kickboxing class. Participants improve neuromuscular activation, quickness and agility, multidirectional movement, strength, and power in the core through kickboxing technique training and drills.

**YOGA FITNESS:** This fitness-based yoga class is designed with postures and flows that will increase your flexibility, strength, breathing capacity, and balance. It will improve your well-being and challenge/improve your overall mind and body awareness.

**CARDIO CIRCUIT:** This intense and fun workout incorporates training that challenges the cardiovascular system, muscular endurance and strength, the core, and balance utilizing numerous types of equipment: body bars, bands, tubing, hand weights, Star Trac V Bike, BOSU Balance Trainer, and medicine balls.

**STEP:** This class provides 45 minutes of heart pumping cardio using STEP training to improve aerobic fitness followed by abdominal exercises and stretching. Each participant works within their own space mastering low and high impact moves performed both on and off the step, and with or without risers. Challenge your mind by perfecting your execution of movements. Everyone is welcome.

**SALSA SIZZLE:** Learn the hottest moves and styling being done at the clubs. This fast pace combination of hard pumping music and dance moves including Latin, Jazz, Hip-Hop and Cultural is taught by a versatile instructor.

**RESTORATIVE YOGA:** Beginning 19 May, this 45 minute class consists of a sequence of gentle stretches followed by a series of restful poses held for extended periods of time. This combination is meant to soothe and regenerate the mind and body and recharge you for the rest of the day.

*Work to your own personal best! The VAFB Group Fitness Program is suitable for all fitness levels. Classes are taught by certified fitness professionals dedicated to providing safe and effective exercise for all participants.*