



INDOOR CYCLING

FITNESS CENTER ANNEX, BLDG 9005

TIMES	MON	TUE	WED	THU	FRI	SAT
0600-0645	RACE TO THE FINISH Louise	RISE TO THE TOP Louise	A VICIOUS CYCLE Laura	FULL THROTTLE Francine	CLIMB TO THE MAX *FIP Laura	
0800-0845						
1645-1730	INDOOR CYCLING Becky			INDOOR CYCLING Francine		
1800-1845			INDOOR CYCLING Francine			

HARD CORE CLASS

FITNESS CENTER GYM, BLDG 10130

TIMES	MON	TUE	WED	THUR	FRI
1200-1230	HARD CORE	HARD CORE	HARD CORE	HARD CORE	HARD CORE

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

GROUP FITNESS SCHEDULE

A&FRC, BLDG 10122 (GROUP FITNESS ROOM) - CALL FOR MORE INFO: 606-3832

TIMES	MON	TUE	WED	THU	FRI	SAT
0900-0955		POWER STRENGTH CONDITIONING Anita		POWER STRENGTH CONDITIONING Anita		POWER STRENGTH CONDITIONING Anita
1000-1100						SALSA SIZZLE Anita
1200-1245		TWO KICK CARDIO Anita		TWO KICK CARDIO Anita		
1700-1800		ZUMBA Anita	ROCK BODY BOOTCAMP Laura		SALSA SIZZLE Anita	
1730-1825	STEP INTERVAL -N-STRENGTH Bob			STEP Bob		
1830-1930	YOGA FITNESS Bob			YOGA FITNESS Bob		

AF SERVICES
Fitness & Sports

GET MOTIVATED!

GET FIT!!!



IT'S FREE!!!

**Achieve your fitness goals with expert-Certified Instructors!
Come and join us today!**

Class Descriptions

INDOOR CYCLING: Each session Coached by Certified Fitness Professionals. Each ride has a specific purpose and is carefully designed and timed to energize, challenge and empower students to achieve their health and fitness goals in 40 minutes, it can be an intense exercise burning over 500 calories and more! Take the challenge, let us guide you toward a healthy lifestyle and weight loss success or boost you through a fitness plateau!

STEP INTERVAL -N- STRENGTH: A 30-minute STEP interval work out 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 bars.

ROCK BODY BOOT CAMP: Efficient workout to your entire body. Going from one exercise to another with no rest! This work out involves calisthenics like pushup, jumping jacks, crunches and other body weight exercises! The difference lies in the intensity. It will take your body to its limit! You work, you sweat and, best of all, you burn calories... like CRAZY!

POWER STRENGTH CONDITIONING: 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; engaging core-stabilizing muscles throughout this energetic comprehensive workout.

CARDIO KICK-BOXING: Learn the basics and beyond in this exciting non-contact group exercise kick-boxing class. Participants improve neuro-muscular activation, quickness and agility, multidirectional movements, strength, and power in the core through kick-boxing 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.

TWO KICK CARDIO: 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, Hip-Hop, and Cultural is taught by a versatile instructor.

ZUMBA: Classes feature exotic rhythms set to high-energy Latin and international beats. Zumba Toning combines targeting body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness-party. Zumba Toning is the perfect way for enthusiasts to sculpt their bodies naturally while having a blast!

HARD CORE: This 30 minute Hard core workout is different every day! Come and work out at your own pace or push yourself hard with different class leaders. Use your own body weight along with some of our equipment (medicine balls, resistance bands, dumb-bells, etc.) for a total body workout. Do planks, wall squats, sprints, push-ups, sit-ups and a whole lot more. Join us on the basketball courts for a great interval training session!