



# Group Fitness Schedule



TIMES	MON	TUE	WED	THURS	FRI	SAT
0600-0645	Indoor Cycling	Indoor Cycling	Indoor Cycling		Indoor Cycling *FIP	
0800-0845						Indoor Cycling
0900-1000		Total Body Conditioning		Cardio Circuit *FIP		Total Body Conditioning *FIP
1130-1215						
1200-1245		Cardio Kick-Boxing	Step	Cardio Kick-Boxing		
1630-1725	Indoor Cycling	Zumba		Indoor Cycling		
1645-1740			Total Body Conditioning			
1700-1755					Total Body Conditioning	
1730-1825	Step Interval-N-Strength *FIP	Cardio Kick-Boxing *FIP		Step		
1800-1845			Indoor Cycling			
1830-1930	Yoga Fitness	Pilates OR 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.



VAFB Fitness Center, Bldg. 10122  
 (Group Fitness Room)  
 606-3832  
 Schedule Updated: June 08



# Group Fitness Class Descriptions

**INDOOR CYCLING:** A 45-minute, low impact, moderate to high intensity cardio workout on the Star Trac V Bike coached by certified fitness professionals. Great for cross training and preparing for the cycle ergometry test. New participants are encouraged to arrive early for bike setup and proper technique information. This class is sure to be a rewarding experience.

**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.

**ZUMBA:** This is a dynamic, effective fitness system that combines high energy with motivating moves and allows participants to dance away their worries. The routines feature an aerobic/fitness interval training workout set to Latin and international music. A combination of fast and slow rhythms is utilized to tone and sculpt the body. Zumba routines maximize caloric output, fat burning and total body toning. Zumba is also praised as a “feel-happy” workout, as it is not only great for the body but great for the mind!

**PILATES:** Through gentle, flowing movements and controlled breathing, this mat class is designed to build stronger, more flexible and leaner muscles. Focus is on strengthening the muscles at the core, using effective body placement and position, and engaging muscle groups for both movement and stabilization. This can lead to better posture and overall body health. *Not recommended for pregnant women after the first trimester.*

*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.*