

# ***Aerobic Schedule***

## ***JUNE 2012***

<b>TIMES</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
<b>6:00 AM</b>	<b>Fitness Assessment Conditioning (FIP) Moe</b>	<b>Cycling All Terrain (FIP) Yvonne</b>	<b>Fitness Assessment Conditioning (FIP) Gary</b>	<b>Cycling Power Ride (FIP) Gary</b>	<b>Fitness Assessment Conditioning (FIP) (Connie)</b>	
<b>9:00 AM</b>						<b>Turbo Kick Boxing Jessica (FIP)</b>
<b>11:00 AM</b>		<b>Cycling Power Ride (FIP) Mack</b>		<b>Cycling All Terrain (FIP) Mack</b>		
<b>12:00 PM</b>	<b>Muscle Hour (FIP) Lori</b>		<b>Muscle Hour (FIP) Mack</b>		<b>Pay Class Yoga Marcy</b>	
<b>3:00 PM</b>	<b>Basic Training (FIP) (Ann)</b>		<b>Basic Training (FIP) (Lori)</b>			
<b>4:30</b>	<b>Pay Class Martial Art Thomas</b>			<b>Pay Class Martial Art Thomas</b>		
<b>5:00 PM</b>	<b>Cycling Power Ride (FIP) Gary</b>		<b>Cycling All Terrain (FIP) Cathie</b>			
<b>5:30 PM</b>	<b>Turbo Kick Boxing Jessica (FIP)</b>		<b>Pay Class Zumba Tena</b>			
<b>6:00 PM</b>		<b>Pay Class Yoga Carmen</b>				

# CLASS DESCRIPTIONS

## INDOOR CYCLING (FIP):

**ALL TERRAIN** This class formats all terrains, to include team drills and visualization rides.

**POWER RIDE** Higher resistance training to improve strength, stamina and power.

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**FITNESS ASSESSMENT CONDITIONING (FIP):** A 60 minute functional total body workout incorporating cardiovascular, upper body strength, core strength, push ups and sit ups. Everything you will need to pass your Air Force Fitness Assessment Test . This class is specially designed to teach proper push up and sit up techniques and build cardiovascular endurance. This class is highly recommended for those on the Fitness Improvement Program.

**BASIC TRAINING (FIP):** A 60 minute functional total body workout . This class will incorporate cardiovascular, strength, endurance, balance, push ups, core, speed & agility, as well as partner drills. Instructors will push you to your optimum fitness potential and take you to the next level.

**MUSCLE HOUR (FIP):** Integrate balance with strength while using the barbells, heavy bars, and dumbbells to sculpt your body. BOSU and fit balls may be incorporated from time to time. All fitness levels.

**TURBO KICK :** Burn up to 1000 calories with this fun filled workout come Jab , Cross, Hook and Uppercut to hit music with multiple formats of kick boxing.

## FITNESS CENTER PAY AS YOU GO CLASSES

**ZUMBA TONING WITH TENA :** Classes are \$5.00 each or you may purchase a card for \$30.00 good for 10 classes. An exciting, Latin inspired, dance 'n tone program. This is the original dance-fitness class taken to the next level. ZUMBA® TONING is an innovative muscle training program with the addition of light weight toning sticks. The NEW and exciting Zumba toning program is designed to offer the participant a safe, yet effective total body toning workout! Zumba Toning Sticks are available to purchase , see instructor for details.

**YOGA STRETCH AND STRENGTHENING WITH MARCY:** Classes are \$5.00 each. A level 1 class combining traditional yoga postures with deep stretching, breathing exercises, and meditation. Great for beginners and the more physically fit, resulting in increased flexibility, strength and stress reduction."

**WARRIOR YOGA WITH CARMEN** Classes are \$5.00 each . Warrior Yoga focuses on both strength and flexibility. It restores youthful vitality, increases athletic abilities, and fine tunes your inner warrior.

**MARTIAL ART WITH THOMAS:** : Classes are \$5.00 each or you may purchase a card for \$30.00 good for 10 classes. Teen and Adult Karate: in this one hour class, learn traditional Korean martial arts, how to defend yourself and stay in shape! Class includes hand and foot techniques, hyung (forms) as well as rolling and falling and breaking boards (advanced students will break concrete). Free trial period available.

**For more information on "Pay as you go classes" call the East Fitness Center at 505-846-1102.**

**Class schedule can now be downloaded on our website at:  
<http://www.kirtlandforcesupport.com/fitnesscenter.htm>**