

**ATTENTION.....**

\* Make Note of Class Cancellations Below



Lead Fitness Instructor: Devin Gongora 801-458-1343 or fishguts10@yahoo.com

"WARRIOR FITNESS CENTER" Group Exercise Schedule for August 2010

Schedule subject to change for Holidays/Family Days: call Warrior Fitness Center @ 801-777-2762 for more information.

(\*) Denotes Class Cancellations.....ALL D&D Staff classes are cancelled for the 4<sup>th</sup>; 5<sup>th</sup> & 7<sup>th</sup> / Jazzercise classes are cancelled for the 2<sup>nd</sup> & 5<sup>th</sup>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0500	Total Body D & D Staff		(*)Total Body D & D Staff			
0600		Pilates D & D Staff		(*)Pilates D & D Staff		
0600	FIP (BUBBLE) ACTIVE DUTY/BCIP	FIP (BUBBLE) ACTIVE DUTY/BCIP	FIP (BUBBLE) ACTIVE DUTY/BCIP	FIP (BUBBLE) ACTIVE DUTY/BCIP		
0630	Circuit (BUBBLE) ACTIVE DUTY/BCIP	Circuit (BUBBLE) ACTIVE DUTY/BCIP	Circuit (BUBBLE) ACTIVE DUTY/BCIP	Circuit (BUBBLE) ACTIVE DUTY/BCIP	Circuit (BUBBLE) ACTIVE DUTY/BCIP	
0800						(*)Specialty Class D&D Staff TBD
0900		Hatha Yoga Yoga Studio \$6/class-Laura Koch		Hatha Yoga Yoga Studio \$6/class-Laura Koch		Adrenaline Rush Aerobic Studio \$6/class-Devin
1000		Zumba D & D Staff		(*)Zumba D & D Staff	Zumba Aerobic Studio \$5/class-Addy Adams	Yoga Yoga Studio \$6/class-Les Koch
1030			Zumba Aerobic Studio \$5/class-Addy Adams			
1100		X-Bike X-Bike Studio \$3.50/class-Mike Braun		X-Bike X-Bike Studio \$3.50/class-Mike Braun		
1530	Circuit (BUBBLE) ACTIVE DUTY/BCIP	Circuit (BUBBLE) ACTIVE DUTY/BCIP	Circuit (BUBBLE) ACTIVE DUTY/BCIP	Circuit (BUBBLE) ACTIVE DUTY/BCIP		
1600	Total Body D & D Staff	Basic Flow Yoga D & D Staff	(*)Total Body D & D Staff	(*)Basic Flow Yoga D & D Staff		
1600	(*)Jazzercise Yoga Studio \$4/class-Rika Moore	Adrenaline Rush Aerobic Studio \$6/class-Devin		(*)Jazzercise Aerobic Studio \$4/class-Rika Moore		
1700	Turbo-Kick D & D Staff	Total Body D & D Staff	(*)Zumba D & D Staff	(*)Turbo-Kick D & D Staff		
1700	X-Bike X-Bike Studio \$3.50/class-Mike Braun		X-Bike X-Bike Studio \$3.50/class-Mike Braun			
1800			Salsa Aerobic Studio \$8/class-Hortencia Perez			

*Aerobic Studio is located upstairs by the racquetball courts; Yoga Studio is located downstairs by the basketball court!*

**Adrenaline Rush:** A Boot Camp Program designed to teach efficient work out strategies for strong/lean muscles; learn creative ways to lose problem areas, gain strength & build endurance! \$6.00/class, for 6 wk program details contact Devin @ 801-458-1343 or fishguts10@yahoo.com

**Circuit:** Timed training with little rest between stations; may include sprints, plyometrics or anything we dream up using kettle bells, ropes, weights & medicine balls.

**ACTIVE DUTY MEMBERS/BCIP ONLY:** held in the Bubble

**FIP (Fitness Improvement Program):** Expressed high intensity circuit; concentrates on PT test elements; ACTIVE DUTY MEMBERS/BCIP ONLY, held in Bubble.

**Flow Yoga:** Basic stretching and strengthening class using combinations of traditional yoga poses with Western terminology. Relaxation and breathing techniques used to enhance toning of various muscles. Go with the flow.....

**Total Body:** Strength class offering beginner-advance lifting techniques using hand-held weights, bars, gliders, stability balls & bands. Weights with attitude!

**Pilates:** A stimulating blend of vigorous flexibility training using traditional Pilates Movements used to strengthen and tone the abdominals. Small weights & the stability ball may be used to enhance the workout. Raw core strength training with style!

**Turbo-Kick:** The ultimate cardiovascular challenge with specific warm-up, bouts of intense intervals, easy to follow combos, kickboxing using strength/endurance training and a Tai-Chi like cool down. No equipment needed. Kick-butt energy!

**Zumba Fitness:** Fusion of Latin & International Dance creating a dynamic, exciting, and effective fitness workout that is just like a party...Latin style! Join the Party!  
Pay per use classes are Wednesdays @ 1030 & Fridays @ 1000...\$5/class or Stamp Card @ \$45.00 for 10

**Jazzercise:** Combines fun & fitness to produce a quality exercise program using dance moves choreographed to the music! \$4/class or Stamp Card @ \$20 for 8

**Hatha/Yoga:** Stretching & strengthening class using combinations of traditional yoga poses. \$6/class or Stamp Card @ \$25 for 5

**Salsa:** Learn to Salsa dance, have fun & stay on top of your cardio; multi level class! \$8/class for more info call Hortencia @ 801-792-7986.

**X-Biking:** Indoor cycling working the entire body with one, low impact total body cross trainer, designed to burn more calories in less time while having more fun!  
Mon & Wed from 1700-1800, Tues & Thurs from 1100-1200. \$3.50/class or Stamp Card @ \$30.00 for 10

Hess Fitness Center bldg 520  
North-West of the Warrior Fitness Center  
Same hours of operation

Warrior Fitness Center bldg 533  
Monday thru Friday 0430 - 2330  
Saturday & Sunday 0700-2000  
Holiday/Family Days: Hours 0900 - 1700  
(Thanksgiving 0800 - 1200 : Christmas Closed)  
Phone 801-777-2761 or 801-777-2762  
<http://75thforcesupport.com/fitness/index.html>

Bubble (White Dome)  
North of the Warrior Fitness Center  
Same hours of operation  
**ACTIVE DUTY/BCIP CLASSES HELD HERE**

## 2010 D&D Fitness Saturday Specialty Classes:

Held in upstairs cardio room, unless otherwise noted.

First Saturday of the Month: 0800-0900 "Total Exhaust": Exhaust yourself in the ultimate upper and lower body toning class made to make you sweat and work your body harder than ever by using the equipment of Body Bars, Gliders, Stability-balls, Resistance bands, and Free Weights,

Second Saturday of the Month: 0800-0900 'CORE Clinic' Learn to improve your INNER CORE by using several power-house strengthening techniques to prevent back pain and develop stability through-out the mid section.

Third Saturday of the Month: 0800-0900 Turbo Fest- join us in the ultimate blend of Turbo-Kick Rounds...cardiovascular challenge with specific warm-up, bouts of intense intervals, easy to follow combos, kickboxing using strength/endurance training and a Tai-Chi like cool down. No equipment needed. Kick-butt energy!

Fourth Saturday of the Month: 0800-0900 Zumba: A fusion of Latin and International Dance that creates a dynamic, exciting, and effective fitness and sculpting that is just like a party...Latin style! Ditch the Workout...Join the Party!

