



"WARRIOR FITNESS CENTER"
Group Exercise Schedule as of June 2010

	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) <i>ACTIVE DUTY/BCIP</i>	FIP (BUBBLE) <i>ACTIVE DUTY/BCIP</i>	FIP (BUBBLE) <i>ACTIVE DUTY/BCIP</i>	FIP (BUBBLE) <i>ACTIVE DUTY/BCIP</i>		
0630	Circuit (BUBBLE) <i>ACTIVE DUTY/BCIP</i>	Circuit (BUBBLE) <i>ACTIVE DUTY/BCIP</i>	Circuit (BUBBLE) <i>ACTIVE DUTY/BCIP</i>	Circuit (BUBBLE) <i>ACTIVE DUTY/BCIP</i>	Circuit (BUBBLE) <i>ACTIVE DUTY/BCIP</i>	
0800						Specialty Class D&D Staff TBD
0900		Hatha Yoga Yoga Studio \$6/class Laura Koch		Hatha Yoga Yoga Studio \$6/class Laura Koch		
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 \$3.50/class Mike Braun	*X-Bike* Starts June 7th	*X-Bike \$3.50/class Mike Braun		
1530	Circuit (BUBBLE) <i>ACTIVE DUTY/BCIP</i>	Circuit (BUBBLE) <i>ACTIVE DUTY/BCIP</i>	Circuit (BUBBLE) <i>ACTIVE DUTY/BCIP</i>	Circuit (BUBBLE) <i>ACTIVE DUTY/BCIP</i>		
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			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 \$3.50/class Mike Braun	*X-Bike* Starts June 7th	*X-Bike \$3.50/class Mike Braun			

Class schedule is subject to change for Holidays & Family Days, for more info contact the Warrior Fitness Center @ 777-2762.
Aerobic Studio is located upstairs by the racquetball courts; Yoga Studio is located downstairs by the basketball court!

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!
Wednesdays @ 1030 & Fridays @ 1000-**\$5.00 per class or purchase a Stamp Card for \$45.00 good for 10 Classes**

Jazzercise: Combines fun & fitness to produce a quality exercise program using dance moves re choreographed to the music! Don't be shy.....give it a try!
\$4.00/class or buy Stamp Card for \$20.00/8 Classes

Hatha/Yoga: Stretching & strengthening class using combinations of traditional yoga poses. **\$6.00/class or buy Stamp Card for \$25.00/5 Classes**

***X-Biking:** (**Starting June 7th**) 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/session or \$30.00 Stamp Card/10 Sessions**

Circuit: Timed training moving from exercise to exercise with little rest between. Training may include sprints, plyometrics or anything we dream up using kettle bells, ropes, weights & medicine balls. All Circuit & FIP Classes are held in the Bubble (White domed building directly behind bldg 533).

*****Highlighted classes are for **ACTIVE DUTY MEMBERS/BCIP** only! *****

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
75thforcesupport.com/fitness

Bubble
North of the Warrior Fitness Center
Same hours of operation