


934th Fitness Center Classes
Hours: Mon - Thurs 5:30 am - 7 pm Fri close at 6 pm

FEBRUARY

Mondays	Tuesdays		Wednesdays		Thursdays		Fridays
Group Fitness Room	Gym	Group Fitness Room	Weight Room	Group Fitness Room	Gym	Group Fitness Room	Group Fitness Room
		0545 - 0645 Spinning Suzanne				0545 - 0645 Spinning Suzanne	
			0915 - 1000 Cardio Blast Libby				
0945 - 1045 Gentle Yoga Libby			Starts Jan. 11th!	1000 - 1030 Core - Libby	Barb:		0945 - 1045 Gentle Fit **PAID** Libby
	1030 - 1100 Intro to Kettlebells			1030 - 1130 Vinyasa Yoga Jess	1030 - 1100 Strength	Libby:	
1100 Intro to Spin	1100 - 1145 Kettlebells Barb				1100 - 1130 Strength	1045 Intro to Spin	
1115 - 1200 Spinning Libby	1145 - 1230 Bootcamp Barb				1130 - 1200 Core	1100 - 1130 All Levels Spinning	
1200 - 1215 Abs - Libby						1130 - 1200 Advanced Spinning	
						1200 - 1230 Yoga Stretch	
1600 - 1700 Yoga Shana						1430 - 1515 TRX - Barb **PAID**	

Intro to Kettlebells - **REQUIRED** for first timers and beginners. Instructor will advise you when you are ready to attend the 1100 class.

Intro to Spin - **REQUIRED** for first timers only. Get set up on your bike plus brief overview. Participants stay for class immediately following.

Bootcamp - **INTENSE** workout for those looking for more - this class focuses on Cardio, and also includes agility, stability and strength!

Cardio Blast - Treadmills, Ellipticals, Bikes, Jumpropes and more - 45 minutes of sweat!

Advanced Spinning - Return Riders Only! Come at 1100 if you want a full hour ride.

Strength - Join Barb for a full body strength workout using Weights, Kettlebells, and TRX! Stability, mild cardio & core included.

****Paid Classes - Must Pre-Register with the Fitness Center Staff. 4 weeks for \$32**

