



## Group Exercise Schedule August 2022

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
0900	Zumba World	Zumba	Aqua Zumba		Indoor Cycling	Vinyasa Flow Yoga
0930				Body Sculpt		
1000		Indoor Cycling			Zumba	Indoor Cycling
		Muscle Pump (no class on 2 Aug)				
1100	Zumba	Body Movement (no class on 2 Aug)	Zumba	Zumba	Yoga	
1200			Indoor Cycling		<b><u>Announcements</u></b> <b>Half Marathon/10K on 6 Aug!</b>	
1630	Zumba	Barre (9 & 23 Aug) Pilates (2, 16 & 30 Aug)		Vinyasa Flow Yoga		
1700		Indoor Cycling	Yin Yoga	Indoor Cycling		
		Water Power (knees & hips)		Water Power		

All classes are free to DOD ID card holders. Guest fee is \$2 per class. Classes may be reduced in capacity to comply with social distancing guidelines. Please arrive 15 minutes prior to class time to sign-in. Classes are available on a first come, first served basis.

[For the most up to date hours of operation & program information, please visit our website.](https://www.usafasupport.com/fitness-center.html)

## Class Descriptions

Indoor Cycling	Riders of all fitness levels come together for classes designed to increase strength, endurance and aerobic capacity. Ride with us as we traverse hills, flats and mountain peaks. Join us as we improve our fitness through interval training and various drills. Our instructors will guide and encourage you, but YOU are in control.
Zumba	This class is a fun energetic aerobic fitness “party” featuring movements from Latin American style dance and incorporating Latin American and hip-hop music. Come join the Party!
Zumba World	Enjoy a combination of low intensity Zumba while experiencing music from all over the world such as cumbia, salsa, and reggaetón. This class also incorporates Zumba toning along with a section on other forms of dance such as belly dancing.
Barre	The BARRE class is a fusion of ballet, Pilates, yoga and strength training. This class is designed for a wide range of fitness levels, ages, and bodies. Barre incorporates specific sequencing patterns and isometric movements that target specific muscle groups. This pattern of exercise helps to improve strength, balance, flexibility and posture. The workout includes a warm-up, lower body section and a core section.
Pilates	A fun series of exercises benefiting the body’s core. It’s a cardiovascular, fat-burning workout that focuses on alignment, posture, and balance.
Body Sculpt	Body Sculpt is a total body workout that focuses on strength and some cardio. It is designed to work all muscle groups and is for beginners as well as advanced exercise enthusiasts. It includes a warm-up, strength section, and some cardio. Various equipment is used during class, to include, TRX, kettlebells, balls, dumbbells, body bars and tubing.
Muscle Pump	Muscle Pump is a high energy total body workout set to motivating music. Using weighted bars, free weights, bands, exercise balls, etc. you will challenge all of your major muscle groups through squats, presses, lifts and curls. High repetition movements with low weight loads will help you achieve strength and introduce lean body muscle conditioning. This class is great for all fitness levels.
Body Movement	Body Movement is a very low-impact class for all ages and fitness levels. This class focuses on isolating body parts, such as hips, ribs, arms, etc. and general movement of the body in a controlled manner, allowing for more flexibility, mobility and coordination. This class is 45 minutes long due to the focus and isolation of rarely used muscles.
Aqua Zumba	High energy but low-impact! The water creates a natural resistance and helps tone your muscles.
Water Power for Knees & Hips	This class is in a gravity-free environment, for people with knee or hip pain. Put on a floatation belt to remove all impact from weight-bearing joints. Run, power walk and speed walk intervals are modified here to protect the knees and mobilize the hips. Move to stretching, kick training and non-impact exercises. Finish with lower body strengthening for muscles surrounding the knees and hips.
Water Power Workout	This class is for those seeking a moderate to challenging workout. Put on a floatation belt and run, power walk and speed walk for interval training. Stretch, kick training, agility exercises, all with no weight-bearing or minimal weight-bearing. Finish with upper/lower body strengthening exercises.
Vinyasa Flow Yoga	A power Vinyasa flow, with intentions to build strength and calm the mind. Using the breath to connect a series of postures, this class will enhance the student’s body awareness, flexibility, strength and muscle tone. Students will be able to find a level of physical work in the class that is fun and yet a personal challenge. Most students feel some degree of relaxation by the end of their class. (Saturday – 0900)
Beginner & Intermediate Yoga	An introduction and exploration with intentions to empower. (Thursday – 1630)
Yin Yoga	Mostly done seated and incorporates deep stretches that are held for 3-5 minutes (much longer than our vinyasa practice). For many, it is an advanced practice of yoga because we find our deepest stretch and try to sit in the discomfort. The benefits: a greater muscle stretch, practice settling the breath and mind. It also increases circulation, and improves joint mobility. If you have osteoporosis, talk to your doctor before attending. (Wed @ 1700)
Yoga	You will be guided through strengthening and lengthening postures with options to mindfully add on if desired, as well as numerous modifications to adjust to your own body’s needs in order to cultivate and maintain safe alignment and optimal health promoting breathing. Throughout practice, you will experience a variety of yoga modalities, elements of Joint Freeing Movements, breathing methods, stress and tension releasing techniques. (Fri @ 1100)