

2018	November	Fitness Class Schedule		Fairchild AFB Fitness Center		
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0600						
0700						
0900						Yoga Lana Studio B
1130	Yoga Reychele Studio A	Zumba Dani Studio A	Yoga Lana Studio A	Zumba Chantel Studio B		
1200	Barre Jen Studio B				Barre Jen Studio A	
1600	Cycling/Circuit Jen Studio B		Cycling/Circuit Jen Studio B		Cycling/Circuit Jen Studio B	
1700	Jit Jitsu studio A	Step ^{Aerobics} Eva Studio B		Step ^{Aerobics} Eva Studio B		
1700	Boxing	Jit Jitsu studio A	Jit Jitsu studio A	Jit Jitsu studio A		
1730	Body Conditioning Kelly Studio b		Body Conditioning Kelly Studio B			
1800		Pound Studio B		Jit Jitsu studio A		
1800		Jit Jitsu studio A	Jit Jitsu studio A	Kickboxing Jen Studio B		
Cycle/Circuit	A combo cycling/circuit workout where you ride/move to the rhythm of powerful music to a calorie-burning endorphin high.					
Step Aerobics	Beginner or advanced, ANYONE can do it. Step combos learned then layered. A fun calorie burn.					
Pound	Cardio jam session pounding drumsticks to upbeat music					
Body Conditioning	Medium intensity; low & hi impact; cardio body-weight and resistance circuit training.					
Kickboxing	Cardio kickboxing					
NOTES:	No Classes on Holidays or Family Days; Classes subject to change/cancel without notice.					
NOTES:	KEY: A = studio/exercise room A or 1; B = studio/exercise room B or 2 (Cycle studio)					