

GROUP EXERCISE



POWER CYCLING

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Red- Outdoor Rec (Pool) Blue- Health Promotions Black- Contractor Led Pink-Volunteer Spin: 22 Aerobic: 29 Equipment Training	1 0700 Kiosk - Kickboxing 1100 Spin - Michelle 1700 Yoga - Michelle 1130 FIP for Running/Strength Barry/Sgt Valdovinos/Sgt Brewer	2 1100 Water Aerobics - Kim 1130 Circuit Training - Lawrence 1700 Spin - Hasina 1815 Zumba/U-Jam - STAFF	3 0700 Kiosk - Fit For Duty 1100 Spin - Hasina 1700 Spin - Stephanie 1130 FIP for Running/Strength SrA Spann	4 0715 Total Resilience Yoga - Tamara 1100 Water Aerobics - Kim 1130 Circuit Training - Lawrence 1700 Spin - Michelle 1815 Zumba - Karen	5 0700 Kiosk - Vibe Dance 1700 Yoga - John 1130 FIP for Running/Strength Barry/Sgt Valdovinos/Sgt Brewer	6 0900 Spin Flex - Chelonda 1000 Mixed Fit- Erin
7	8	9	10	11	12	13
	0700 Kiosk - Kickboxing 1100 Spin - Michelle 1700 Yoga - Michelle 1130 FIP for Running/Strength Barry/Sgt Valdovinos/Sgt Brewer	1100 Water Aerobics - Kim 1130 Circuit Training - Lawrence 1700 Spin - Hasina 1815 Zumba/U-Jam - STAFF	0700 Kiosk - Fit For Duty 1100 Spin - Hasina 1700 Spin - Stephanie 1130 FIP for Running/Strength SrA Spann	0715 Total Resilience Yoga - Tamara 1100 Water Aerobics - Kim 1130 Circuit Training - Lawrence 1700 Spin - Michelle 1815 Zumba - Karen	0700 Kiosk - Vibe Dance 1700 Yoga - John 1130 FIP for Running/Strength Barry/Sgt Valdovinos/Sgt Brewer	0900 Spin Flex - Chelonda 1000 Zumba - Kristi
14	15	16	17	18	19	20
	0700 Kiosk - Kickboxing 1100 Spin -Michelle 1700 Yoga - Michelle 1130 FIP for Running/Strength Barry/Sgt Valdovinos/Sgt Brewer	1100 Water Aerobics - Kim 1130 Circuit Training - Lawrence 1700 Spin - Hasina 1815 Zumba/U-Jam - STAFF	0700 Kiosk - Fit For Duty 1100 Spin - Hasina 1700 Spin - Stephanie 1130 FIP for Running/Strength SrA Spann	0715 Total Resilience Yoga - Tamara 1100 Water Aerobics - Kim 1130 Circuit Training - Lawrence 1700 Spin - Michelle 1815 Zumba - Karen	0700 Kiosk - Vibe Dance 1700 Yoga - John 1130 FIP for Running/Strength Barry/Sgt Valdovinos/Sgt Brewer	0900 Spin Flex - Chelonda 1000 Mixed Fit- Erin Mini Warrior Triathlon - 0800
21	22	23	24	25	26	27
	0700 Kiosk - Kickboxing 1100 Spin -Michelle 1700 Yoga - Michelle 1130 FIP for Running/Strength Barry/Sgt Valdovinos/Sgt Brewer	1100 Water Aerobics - Kim 1130 Circuit Training - Lawrence 1700 Spin - Hasina 1815 Zumba/U-Jam - STAFF	0700 Kiosk - Fit For Duty 1100 Spin - Hasina 1700 Spin - Stephanie 1130 FIP for Running/Strength SrA Spann	0715 Total Resilience Yoga - Tamara 1100 Water Aerobics - Kim 1130 Circuit Training - Lawrence 1700 Spin - Michelle 1815 Zumba - Karen	0700 Kiosk - Vibe Dance 1700 Yoga - John 1130 FIP for Running/Strength Barry/Sgt Valdovinos/Sgt Brewer	0900 Spin Flex - Chelonda 1000 Zumba - Kristi
28	29	30				
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NOTES:						
*Schedule subject to change without notice. *Military personnel identified for the "Fitness Improvement Program" have priority on all scheduled Group Exercise classes.						

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 All classes are free to military and eligible DOD card holders

APRIL 2019

GROUP EXERCISE

abs/core | bootcamp | yoga | zumba

Instructor will have 15 minutes before and after class to set-up and clean-up

POWER CYCLING

Cycling Class is 45 minutes long

great for your cardio needs | this class will help raise your metabolism while increasing your focus and endurance

*Schedule subject to change without notice

facebook.com/nelliswarriorfitnesscenter.com