MARCH '23

AEROBICS CALENDAR

NELLISWARRIORFITNESSCENTER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
KEY: Red- FIP/ Family Days & Holidays Spin: 24 Aerobic: 28 Pre/Post-Natal: 16			0900 COMMIT - Carolina 1130 FIP for Running/Strength 1600 Mommy Bootcamp - Chelonda 1700 Spin - Michelle	0900 Pre/Post Yoga - Danielle 1130 Spin - Hasina 1600 45 min Intense Abs - Hasina 1645 Circuit - Lawrence 1800 Zumba - Karen	1130 FIP for Running/Strength	0900 Spin Flex - Chelonda 1000 Zumba- Jaylell
5	6	7	8	9	10	11
Blue: Volunteer	0700 Spin - Hasina 1130 FIP for Running/Strength 1600 Mommy Bootcamp - Hasina 1700 Spin - Michelle 1800 Yoga - Michelle	0700 Pre/Post Yoga - Danielle 1600 45 min Intense Abs - Hasina 1700 Spin - Hasina	0900 COMMIT - Carolina 1130 FIP for Running/Strength 1600 Mommy Bootcamp - Chelonda 1700 Spin - Michelle	0900 Pre/Post Yoga - Danielle 1130 Spin - Hasina 1600 45 min Intense Abs - Hasina 1645 Circuit - Lawrence 1800 Zumba - Karen	1100 Zumba- Jaylell 1130 FIP for Running/Strength	0900 Spin Flex - Chelonda 1000 Zumba- Jaylell
12	13	14	15	16	17	18
	0700 Spin - Hasina 1130 FIP for Running/Strength 1600 Mommy Bootcamp - Hasina 1700 Spin - Michelle 1800 Yoga - Michelle	0700 Pre/Post Yoga - Danielle 1600 45 min Intense Abs - Hasina 1715 Spin - Hasina	0900 COMMIT - Carolina 1130 FIP for Running/Strength 1600 Mommy Bootcamp - Chelonda 1700 Spin - Michelle	0900 Pre/Post Yoga - Danielle 1130 Spin - Hasina 1600 45 min Intense Abs - Hasina 1645 Circuit - Lawrence 1800 Zumba - Karen	1130 FIP for Running/Strength	0900 Spin Flex - Chelonda 1000 Zumba- Jaylell
19	20	21	22	23	24	25
	0700 Spin - Hasina 1130 FIP for Running/Strength 1600 Mommy Bootcamp - Hasina 1700 Spin - Michelle 1800 Yoga - Michelle	0700 Pre/Post Yoga - Danielle 1600 45 min Intense Abs - Hasina 1700 Spin - Hasina	0900 COMMIT - Carolina 1130 FIP for Running/Strength 1600 Mommy Bootcamp - Chelonda 1700 Spin - Michelle	0900 Pre/Post Yoga - Danielle 1130 Spin - Hasina 1600 45 min Intense Abs - Hasina 1645 Circuit - Lawrence 1800 Zumba - Karen	1130 FIP for Running/Strength	0900 Spin Flex - Chelonda 1000- Zumba- Jaylell
26	27	28	29	30	31	NOTES:
	0700 Spin - Hasina 1130 FIP for Running/Strength 1600 Mommy Bootcamp - Hasina 1700 Spin - Michelle 1800 Yoga - Michelle	0700 Pre/Post Yoga - Danielle 1600 45 min Intense Abs - Hasina 1700 Spin - Hasina	1130 FIP for Running/Strength		1130 FIP for Running/Strength	*Schedule subject to change without notice* Yoga classes may be moved outdoors in nice weather.

Military personnel identified for the "Fitness Improvement Program" have priority on all scheduled Group Exercise classes
All classes are free to military and eligible DoD card holders

DEPARTMENT OF THE AIR FORCE
FITNESS & SPORTS