



GROUP X SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Senior Fit 0730-0830	Senior Fit 0730-0830 UFit 1100-1200 UFit Lunch Crunch 1130-1200	Senior Fit 0730-0830	Senior Fit 0730-0830 UFit 1100-1200 UFit Lunch Crunch 1130-1200	Cycling 0600-0730
Get H.I.I.T Fit 1700-1800	Mindfulness Mobility 1630-1730 Zumba® 1730-1830		Stretching & Foam Rolling 1200-1245 Zumba® 1730-1830	

CLASS DESCRIPTIONS

Cycling	An instructor guided cycling workout with varied and motivating music and an encouraging group environment that leads you through a wide array of cycle conditions. An excellent way to improve cardiovascular fitness and overall lower body endurance.
Get H.I.I.T. Fit	This is an outdoor exercise class designed to improve/enhance fitness and agility. It incorporates different exercise modalities such as intervals and circuit training, plyometrics, strength and power movements, and speed and footwork drills. Equipment includes barbells, dumbbells, kettlebells, tires, ropes, a plyo-box, sleds, TRX, bands, a medicine ball, speed cones, and much more. Exercise and equipment use can be modified to suit different individual levels. All are welcome to participate. Bring family and friends and Get H.I.I.T. Fit.
Mindfulness Mobility	This class will focus on recovery exercises by using yoga principles, foam rollers, and trigger point release to promote body recovery and regeneration. Class is designed to increase core strength and total body range of motion.
Senior Fit	A strength and low impact cardiovascular workout with a focus on functional movement and stability. Participants use many pieces of portable equipment and chairs to get a wonderful workout to help maintain bone and muscle mass, balance, and help prevent injury. Great for any fitness level.
Stretching & Foam Rolling	This class is designed to help stretch, recover, and repair overworked muscles. The format will be a series of movements and exercises using foam rollers as well as some basic stretching techniques.
UFit	Utilizing the NOFFS methodology, this group training class is for those who seek to improve their strength, conditioning, flexibility, balance and their body's overall ability to work as one unit. Barbells, dumbbells, kettlebells, sandbags and bodyweight, UFit prioritizes natural movements and compound exercises necessary in the real world: squatting, pulling, pushing, bending, climbing, walking and running. All experience levels welcome, UFit here!
UFit- Lunch Crunch	A lunchtime portion of UFit- get your workout in 30mins or less!
Zumba®	Get fit while you dance! High energy instructor, high energy music! Join the party and get your cardio on through fun and easy to follow along choreography!

BY APPOINTMENT/ AVAILABLE BY REQUEST

Command/Unit Fitness	Command PT led by an MWR Certified Fitness Professional. Make a reservation at the Front Desk.
FMS™ (Functional Movement Screen)	The Functional Movement Screen tests seven fundamental movement patterns that are key to identifying functional movement quality. The FMS Screen provides a reliable baseline and actionable and effective steps to improve your performance and movement quality. Make an appointment with an FMS Certified professional at the Front Desk.
1000/500lb Club	Become a member of our 1000/500lb club! Lift at or an excess of 1000lbs(men) or 500lbs(women) in 3 lifts-Bench Press, Back Squat and Deadlift. Set up an appointment at the Front Desk.

CLASSES ARE SUBJECT TO CHANGE. CALL 562.626.7589 FOR UPDATED INFO.
HAVE A CLASS SUGGESTION? LET US KNOW! FILL OUT AN INTEREST FORM AT THE FRONT DESK.