



# Group Fitness Schedule



| TIMES     | MON                                  | TUE                        | WED                     | THURS                  | FRI | SAT                             |
|-----------|--------------------------------------|----------------------------|-------------------------|------------------------|-----|---------------------------------|
| 0900-0955 |                                      | Total Body Conditioning    |                         | Cardio Circuit<br>*FIP |     | Total Body Conditioning<br>*FIP |
| 1000-1100 |                                      |                            |                         |                        |     | Salsa Sizzle                    |
| 1200-1245 |                                      | Cardio Kick-Boxing         |                         | Cardio Kick-Boxing     |     |                                 |
| 1645-1740 |                                      |                            | Total Body Conditioning |                        |     |                                 |
| 1730-1825 | Step Interval-N-<br>Strength<br>*FIP | Cardio Kick-Boxing<br>*FIP |                         | Step                   |     |                                 |
| 1830-1930 | Yoga Fitness                         | Pilates OR<br>Yoga Fitness |                         | Yoga Fitness           |     |                                 |

\* FIP - Fitness Improvement Program. Designed for those who do not meet Air Force fitness, strength, and/or weight/body fat standards.

**A&FRC, Bldg. 10122 (Group Fitness Room)  
606-3832**

**Check the schedule frequently for updates.  
Visit us online at [www.30fss.com](http://www.30fss.com)  
Schedule Updated: FEB 10**



# Group Fitness Class Descriptions

**STEP INTERVAL-N-STRENGTH:** A 30-minute STEP interval workout incorporating segments of intense bursts of energy, followed by 25 minutes of strength training using various types of equipment including hand weights, stability ball, tubing, medicine balls, and body bar.

**TOTALBODY CONDITIONING (TBC):** The most effective exercises for total body fitness are incorporated in this class to strengthen your heart, increase your muscle strength and endurance, challenge your core, and increase your workout intensity level. This class hits every major muscle group using both isolation muscle techniques and compound combination moves using hand held weights, body ball and more, while continually engaging your core-stabilizing muscles throughout this energetic comprehensive workout.

**CARDIO KICK-BOXING:** Learn the basics and beyond in this exciting non-contact group exercise kickboxing class. Participants improve neuromuscular activation, quickness and agility, multidirectional movement, strength, and power in the core through kickboxing technique training and drills.

**YOGA FITNESS:** This fitness-based yoga class is designed with postures and flows that will increase your flexibility, strength, breathing capacity, and balance. It will improve your well-being and challenge/improve your overall mind and body awareness.

**CARDIO CIRCUIT:** This intense and fun workout incorporates training that challenges the cardiovascular system, muscular endurance and strength, the core, and balance utilizing numerous types of equipment: body bars, bands, tubing, hand weights, Star Trac V Bike, BOSU Balance Trainer, and medicine balls.

**STEP:** This class provides 45 minutes of heart pumping cardio using STEP training to improve aerobic fitness followed by abdominal exercises and stretching. Each participant works within their own space mastering low and high impact moves performed both on and off the step, and with or without risers. Challenge your mind by perfecting your execution of movements. Everyone is welcome.

**SALSA SIZZLE:** Learn the hottest moves and styling being done at the clubs. This fast pace combination of hard pumping music and dance moves including Latin, Jazz, Hip-Hop and Cultural is taught by a versatile instructor.

**PILATES:** Through gentle, flowing movements and controlled breathing, this mat class is designed to build stronger, more flexible and leaner muscles. Focus is on strengthening the muscles at the core, using effective body placement and position, and engaging muscle groups for both movement and stabilization. This can lead to better posture and overall body health. *Not recommended for pregnant women after the first trimester.*

*Work to your own personal best! The VAFB Group Fitness Program is suitable for all fitness levels. Classes are taught by certified fitness professionals dedicated to providing safe and effective exercise for all participants.*