

GROUP FITNESS

INDOOR CYCLING

Fitness Center Annex, BLDG 9005

FITNESS AND SPORTS CENTER

606-3832

TIMES	MON	TUE	WED	THU	FRI	SAT
0600-0645	Indoor Cycling	Indoor Cycling *FIP	Indoor Cycling	Indoor Cycling *FIP	Indoor Cycling *FIP	
*see times listed		*Indoor Cycling 1130-1200 *FIP		*Indoor Cycling 1130-1200 *FIP		Indoor Cycling 0800-0845 *FIP
1645-1730	Indoor Cycling *FIP	Indoor Cycling	Indoor Cycling *FIP	Indoor Cycling		

GROUP FITNESS CLASSES

Fitness Center Annex, Bldg 9005

TIMES	MON	TUE	WED	THU	FRI
0900-0945	Cardio Strength Interval (CSI) *FIP	Zumba		Total Body Conditioning *FIP	
1100-1200		Functional Fitness *FIP		Functional Fitness *FIP	
1130-1215			Yoga		
1700-1745	Total Body Conditioning	Power Kick/Sculpt	SWAT Strength-WeightLoss-Agility-Toning *FIP	Total Body Conditioning	
1730-1900		Krav Maga *\$		Krav Maga *\$	
1800-1845	Yoga	Yoga		Yoga	

As of 25 SEP 2018

*FIP – Fitness Improvement Program

*\$ - Fee for class, see back for details



CLASS DESCRIPTIONS

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

***All classes are free unless otherwise noted**

INDOOR CYCLING: Each session is coached by Certified Fitness Professionals. Each ride has a specific purpose and is carefully designed and timed to energize, challenge and empower students to achieve their health and fitness goals in 40 minutes, it can be an intense exercise burning over 500 calories and more! Take the challenge, let us guide you toward a healthy lifestyle and weight loss success or boost you through a fitness plateau!

POWER KICK/SCULPT: How about a way to increase your stamina, flexibility, and strength? This intense, total body workout can improve strength, aerobic fitness, flexibility, coordination and balance with combined elements of boxing, aerobics to provide overall physical conditioning and toning, which may include traditional exercises such as jumping jacks, pushups, and for people who enjoy the “semi-dance” movements found in aerobics or step classes.

BOOTCAMP: (No guts, no glory in this total body workout! This class incorporates drills designed to enhance agility, speed, power, strength, and quickness. You’ll move around the room to a number of different stations – each designed for a specific exercise. Check “lazy” at the door when you step into this workout. Boot Camp works you head to toe so you’ll be ready for anything life brings.

ZUMBA: Classes feature exotic rhythms set to high-energy Latin and international beats. Zumba Toning combines targeting body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness-party. Zumba Toning is the perfect way for enthusiasts to sculpt their bodies naturally while having a blast!

TOTAL BODY CONDITIONING: A dynamic class that combines high energy cardio drills and functional strength training. This class can be easily adapted and therefore excellent for every fitness level.

YOGA: Challenge your body and your mind in this fun and energizing class! Let go of negativity and increase your positivity & productivity. This mixed-levels class is led with uplifting and eclectic music! Increase your endurance, strength, stamina and flexibility. Being in this practice is a wonderful way of uniting physical postures with meditation and is the natural complement to a more active practice.

FUNCTIONAL FITNESS: The Space Country Functional Fitness program is tailor made to bring out the athlete in everyone, whether you’re looking to get into shape for the first time, regain the competitive edge of your younger years, improve your physical fitness test score, or push yourself to perform at elite athlete levels, we can help you achieve your goals. We’ll provide you with all the tools necessary to enhance your level of competency at any physical task. You’ll develop both core strength and conditioning and successfully perform a wide range of diverse and randomized physical challenges. This tactical fitness program makes you part of a team every workout—our coaches will teach you all the fundamentals you’ll need to build cardiovascular endurance, stamina, strength, flexibility, power, speed, coordination, agility, balance, and accuracy. You provide the positive attitude and we’ll lead you on a transformational path toward physical prowess. Don’t let your life be a spectator sport — come join the team! **Volunteer Certified Instructors lead this class**

KRAV MAGA: Israeli self-defense system. Let us teach you what U.S Special Forces and Israeli Commandos use in combat. Including hand to hand, blunt and edge weapons, firearms, firearms defense, situational awareness and MORE! This is a very physical class. Bodily contact will occur. Potential for injuries such as bruising may occur. Train hard...FIGHT HARD! **Contract Class—monthly fee. \$30/month Building 11175. Check us out on Facebook: www.facebook.com/VandenbergKravMaga or contact Alex Ur (805) 403-8925 for more information.**

SWAT (Strength-WeightLoss-Agility-Toning): This is an explosive, fast-paced cardiovascular workout. Various types of cardio exercises are performed to give you a total body workout. Intervals of step and toning, using weights, resistance tubing and exercise balls. You will perform long bursts of maximum –intensity exercises with short periods of rest. It is appropriate for all fitness levels.

CARDIO STRENGTH INTERVAL (CSI): A dynamic class that combines high energy cardio drills and functional strength training. This class can be easily adapted and therefore excellent for every fitness level.