




SEMPER FIT CENTER

Group Exercise Schedule

REVISED 7/20/2010



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0600-0700 CYCLING Leanne All Levels Free to Active Duty					
ALL KEIKI & ME CLASSES ARE CURRENTLY ON HOLD	0800-0900 ZUMBA® Lainie All Levels Free to Active Duty	ALL KEIKI & ME CLASSES ARE CURRENTLY ON HOLD	0800-0900 ZUMBA GOLD® Lily Beginner Free to active duty	ALL KEIKI & ME CLASSES ARE CURRENTLY ON HOLD	
0845-1000 STEP CHALLENGE Lainie All Levels Free To Active Duty	0900-1000 MUSCLE CONDITIONING Dejuan All Levels Free To Active Duty	0845-1000 BOOTCAMP (bball court) Lily Advanced Free To Active Duty	0900-1000 MUSCLE CONDITIONING Dejuan All Levels Free To Active Duty	0845-1000 CARDIO & TONE Lily All Levels Free to Active Duty	0900-1000 STEP Various Instructors Moderate Free to Active Duty
1000-1100 ZUMBA GOLD® Lily Beginners Free to Active Duty	1015-1115 POWER YOGA Renee All Levels Free to Active Duty	0900-1000 CYCLING Leanne All Levels Free to Active Duty	1015-1115 GENTLE YOGA Renee All Levels Free to Active Duty		0930-1030 WATER AEROBICS (base pool) Wendy All Levels Free to Active Duty
	1130-1230 HIGH INTENSITY CIRCUIT TRAINING Carli All Levels Free to Active Duty	1000-1100 LOWER BODY BLAST Carli All Levels Free to Active Duty	1130-1230 SPEED & AGILITY (bball court) Dejuan All Levels Free to Active Duty		1015-1115 POWER YOGA Renee All Levels Free to Active Duty
1145-1215 GUT CUT Carli All Levels Free to Active Duty		1145-1215 GUT CUT Dejuan All Levels Free to Active Duty		1145-1215 GUT CUT Carli All Levels Free to Active Duty	
1645-1745 STEP Meredith All Levels Free to Active Duty	1630-1730 CARDIO KICK Meredith All Levels Free to Active Duty	1645-1745 CYCLING Rod All Levels Free to Active Duty	1630-1730 CARDIO KICK Meredith All Levels Free to Active Duty	1645-1745 CYCLING Marcella All Levels Free to Active Duty	Numbered tickets available at Front Desk for Cycling ~ Only 12 Bikes
1745-1845 ZUMBA® Meredith All Levels Free to Active Duty	1730-1830 ZUMBA® Meredith All Levels Free to Active Duty	1745-1845 ZUMBA® Meredith All Levels Free to Active Duty	1730-1830 ZUMBA® Meredith All Levels Free to Active Duty	1745-1845 PILATES Patricia All Levels Free to Active Duty	
1845-1945 PILATES Patricia All Levels Free to Active Duty	1830-1930 MUSCLE CONDITIONING Meredith All Levels Free to Active Duty	1845-1945 PILATES Patricia All Levels Free to Active Duty	1830-1930 MUSCLE CONDITIONING Meredith All Levels Free to Active Duty	ATTENTION	
	1930-2030 YOGA Krista All Levels Free to Active Duty		1930-2030 YOGA Krista All Levels Free to Active Duty		

WELCOME TO THE SEMPER FIT CENTER GROUP EXERCISE PROGRAM!

To attend a group exercise class, purchase a class coupon at the Semper Fit Center Front Desk (254-7597).
Coupons are \$2 each or can be purchased in books of 10 for \$15
(a savings of \$5). Cycling Class Coupons are \$3 each or can also be purchased in books of 10 for \$25 (\$5 savings).

BOOTCAMP- This class is set up to kick your butt, maggot!!! Extremely high intensity cardio with a tough strengthening portion. This class will be held in the basketball court for a more intense workout!!!

CARDIO KICK -This high-energy class incorporates punches and kick combos to improve endurance, speed and agility while burning calories and increasing muscle tone.

CYCLING- This class uses specialized stationary bikes that help you burn a large amount of calories and tone up your buns and thighs while improving your core strength. Set to specialized music as you peddle off the pounds!

GUT CUT (AKA: GUT BUSTERS)- You've heard the stories... Come experience it for yourself... Or are you scared? This 30 minute abdominal class is designed to strengthen your core muscles and kick some major butt. Can you handle it?

HIGH INTENSITY CIRCUIT TRAINING- Putting the "fun" back into functional training! Great workout for people on the go. This hour long class will incorporate a series of circuits designed to challenge your muscular endurance and will strengthen your cardiovascular system.

KEIKI & ME- Don't have a sitter? This class is designed for the active parent done in an outdoor setting involving the kids. Build strength and cardiovascular endurance during this fun group setting. With the use of resistance bands, body weight exercises, abdominal work and plyometrics this can help strengthen your body and mind. Bring your own stroller.

LOWER BODY BLAST- Wanna tone up your legs? This class targets all your major muscle groups in your legs, including your core muscles. Strengthening these muscles will not only help firm up those areas but also help maintain a healthy posture.

MUSCLE CONDITIONING- Not coordinated enough for a traditional aerobics class? This class has minimal choreography so this is safe! A muscular endurance workout using hand weights and bands to work all muscle groups. Also try **Cardio & Tone** for a great cardio/muscle conditioning workout.

PILATES- This amazing class uses a powerful series of non-impact exercises for total bodysculpting. This class will help develop strength, flexibility, balance, and weight loss to sculpt lean long muscles and re-shape your body from head to toe. Please bring your own mat.

POWER YOGA- If you're looking for a class to increase strength, stamina, and flexibility this class is for you. They use yoga postures that are an excellent cross-training routine for athletes, along with poses to calm the mind and body.

SPEED & AGILITY- Swifter, Higher, Stronger...Train like an athlete. This class focuses on developing strength, power, balance, and agility while maintaining flexibility. Dynamics of this class include plyometric type exercises designed to produce fast, powerful movements and improve functions of the nervous system while increasing foot speed.

STEP- A tried and true classic. Fads come and go and step endures all! This fundamental class focuses on getting a great work out on the steps with basic choreography. Nothing fancy, just hard work and a ton of sweat. Want a challenge..ADD MORE RISERS!

STEP CHALLENGE- Stepping it up even more! For the seasoned stepper or for those just looking for a challenge. This class is a full hour of fun and challenging choreography.

WATER AEROBICS- This non-impact workout is excellent for cardiovascular conditioning, flexibility and strengthening. Aqua training is a terrific way to gain fitness without the stresses of gravity experienced in land-based training.

YOGA- Yoga includes meditation and exercises to help you improve flexibility and breathing, decrease stress, and maintain health. Practitioners believe that yoga improves health by improving how you see the world, which calms the spirit and decreases stress. Please bring your own mat

ZUMBA®- Zumba is a high energy workout that combines international rhythms, like salsa and reggaeton, with easy to follow dance/fitness moves for a truly unique cardio/toning workout. Not a dancer? No worries! This program is designed for anyone who wants to party and exercise. With limited vocal instruction, make sure you can see your instructor for physical cues. Wear sneakers...no dance shoes. Ditch the workout and join the party!

ZUMBA GOLD®- Designed for the "active adult population, true beginner (deconditioned)" participant. Class rhythms includes Belly dancing , Hora, Tango and all Latin moves. Great preparation for a ZUMBA basic class