

AEROBIC & FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 AM CrossFit (FC)	6 AM CrossFit (FC) Indoor Cycling	6 AM CrossFit (FC) Power Pump	6 AM CrossFit (FC) Indoor Cycling	6 AM CrossFit (FC)	8 AM Zumba
7 AM CrossFit (FC)		7 AM CrossFit (FC)		7 AM CrossFit (FC)	9 AM Kickboxing
	8:30 AM Senior Fitness		8:30 AM Senior Fitness		10 AM Indoor Cycling
11 AM Zumba	11 AM Ultimate Physique	11 AM Indoor Cycling	11 AM Zumba	11 AM Pilates	11 AM Tae Kwon Do
NOON CrossFit (FC) Strong Spin	NOON Indoor Cycling	NOON CrossFit (FC) Power Pump	NOON Yoga	NOON Strong Spin	TAE KWON DO \$50 PER MONTH
	4:30 PM Hip-Hop	4:30 PM Zumba	4:30 PM Power Pump		
	5 PM CrossFit (FC)		5 PM CrossFit (FC)		
5:30 PM Kickboxing	5:30 PM Tae Kwon Do	5:30 PM Strong Spin	5:30 PM Tae Kwon Do		
	6:30 PM Zumba				

LEGEND:
FC=Fitness Center I

Effective Date:
July 1st



Scan QR Code with your smart phone

Aerobic Center
Bolling - Bldg. 38 - 202.767.8821
 Monday-Friday: 4am to 8pm
 Saturday: 7am to 12pm
 Sunday/Holidays: Closed

**ICE: INTERACTIVE
 CUSTOMER EVALUATION**
<http://ice.disa.mil>

Your feedback will help us maintain the quality of excellence that you expect. Please take 10 minutes out of your day to complete the survey.



AEROBIC & FITNESS CLASSES DESCRIPTIONS

Cross-Fit - strength and conditioning program built on constantly varied functional movements executed at high intensity. The exercises are drawn from gymnastics, weightlifting and cardiovascular activities.

Hip-Hop - An exciting, medium to high energy aerobic workout; the latest dance moves choreographed to today's Hip Hop and R&B music; this calorie-burning work out will help you tone up, get in shape and lose those extra pounds.

Indoor Cycling - an indoor cycling program designed for all fitness levels delivering an incredible calorie burn. Whether you are an avid outdoor cyclist or new to cycling, this class will provide a challenging workout to include strength and endurance.

Kickboxing - for all levels; traditional kickboxing moves are performed continuously to increase agility and cardiovascular endurance.

Pilates - delivers on the principles developed by Joseph Pilates to build strength while delivering a lean, sleek body. Learn how to stretch and strengthen your muscles, while improving flexibility and balance. All fitness levels welcome.

Power Pump - a complete body muscle conditioning workout, using bands, dumbbells and body bars.

Senior Fitness - a complete workout that involves easy cardio movements, light weight training and toning to increase your heart rate for aerobic conditioning that will deliver results.

Strong Spin - a high intense indoor cycling program designed to challenge participants with workouts that include strength, endurance, high powered jumps and extreme power.

Ultimate Physique - a total body class that mixes traditional calisthenics and weight training focused on calorie burning, strength training and muscle toning. Great for all fitness levels.

Yoga - develop strength, muscle tone and flexibility with the union occurring between mind, body and spirit. All fitness levels are welcome.

Zumba - an exciting class combining Latin dance and exotic music. Routines feature aerobic interval training with a combination of fast and slow rhythms that tone and sculpt the body. You'll burn calories, get re-energized and have fun! Great for all fitness levels.