



GROUP EXERCISE SCHEDULE FEBRUARY

THIS SCHEDULE OF CLASSES
EFFECTIVE ON MONDAY, FEBRUARY 6th

EAST GYM

Bldg. 1588

(760) 830-6440

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00		Cycle Jackie		Cycle Jackie		9:30 am - TNT Lynn
11:30	Cycle Amalia	Cycle Kylie	Cycle Kristina	Cycle Kylie	Cycle Amalia	
1:00	Medicine Ball Blast Amalia					
4:00				Zumba Mayumi		
4:30		Pilates/Yoga (Racquetball Court) Leah		Pilates/Yoga (Racquetball Court) Leah		

COMMUNITY CENTER

Bldg. 1004

(760) 830-3910

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00	Sculpting Debra	Kickboxing Amalia	Semper Cycle Amalia (90 min)	Kickboxing Amalia	Bosu Explode Amalia	
10:15	Bootcamp Debra	Body Balance Amalia		Stroller Class (outside) Amalia Zumba Mayumi	Mommy & Baby Amalia (45 min)	
10:30			Lengthening & Strengthening Leah			
11:30	Pilates Leah	TRX (outside) Amalia		Hard Core Debra TRX (outside) Amalia	Yoga Leah	
1:00		Stretching Amalia		Stretching Amalia		
4:00	Cycle Circuit Amalia	Zumba Mayumi				

WEST GYM

Bldg. 1518

(760) 830-6451

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00	Zumba Mayumi		Bootcamp Debra		Bootcamp Debra	
10:15				Glutes, Core & More Debra	Muscle Mania Debra	
11:30			Insanity Amalia		Zumba Mayumi	

DEL VALLE SOFTBALL FIELD

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00	HITT Trainer		HITT Trainer			

Unit P.T. Aerobic Classes available on request. For scheduling and information, please call 830-8410. Times and dates subject to change.

EXPLANATION OF CLASSES

Sculpting is a 45 – 55 minute group resistance class set to dynamic music. Students exercise with light to moderate weights, bands with the use of a step. You will perform 50 – 150 repetitions that work the body's major muscle groups.

Kickboxing will teach you how to punch, kick and block your way through a fun and challenging cardiovascular workout.

Pilates/Yoga class is a mix of Pilates and Yoga movements that will strengthen your body while soothing your mind. It will help to develop balance, flexibility and body awareness.

Cycling is an aerobic exercise on a specially designed stationary bicycle. As you pedal, motivating music plays and the instructor talks you through a visualization of an outdoor cycling workout.

Stability Ball is a class uses a large inflated ball. It incorporates balance and weights to strengthen the core muscles and tones the body.

Cycle Circuit is a class alternates intense hill climbs, quick sprints and other cycling drills with off-the-bike strength moves.

Mommy & Baby is a great way to find time to exercise and have your baby with you. This class is for new parents and babies up to 12 months. Use your baby as resistance for an excellent way to work out and rebuild the pelvic floor. This is a 45-minute class.

Zumba is a fusion of body sculpting movements with easy to follow dance steps to the tune of Latin or hip-hop music.

Stretching is an hour-long stretching class that stretches the tissues of the body from the head down to the toes. Please come a little, warm by doing 5-10 minutes of exercise before class and bring a sweatshirt or pants if you tend to get cold.

Muscle Mania is a high intensity resistance training that uses weights, resistance bands and body weight targeting the major muscle groups.

Insanitee is a high-intensity interval training class that utilizes bodyweight only. This class differs from Weekend Warrior in that the intervals are structured and last from 1-3 minutes in length.

Medicine Ball is class that will use medicine balls from both strength and cardio exercises. Working the entire body, participants will throw, lift, jump, toss and catch their way through and invigorating workout.

Balance Training is a class that will use de-stabilization techniques and one-legged exercises to teach participants to use intrinsic and under-used muscles. Not only will participants sweat and feel muscles burn, they will lengthen and even-out the muscles in their body.

TRX Total Body uses the TRX suspension trainers, which will get your heart pumping while working the entire body. The class relies on “vector training” to make sure each participant uses their own body weight for maximum resistance.

Semper Cycle is a high intensity cycling class spanning (1) hour and 30 minutes, incorporating weights.

Bosu is a cardio and strengthening class that uses the basics of the highly effect piece equipment, the bosu!

Boot Camp, the name says it all!

Stroller class is cardio class and daycare all in one, this gives parents the opportunity to attend a class, get in shape, and spend it with their kids!

Lengthening & Strengthening allows the body to elongate as well as build up strength that your body needs to be in shape.

Glutes, Core & More is a group cardio class that assists in targeting the troublesome or weaker areas we all could you help with.

TNT (Tight 'N' Tone) is a cardiovascular and weight routine which will tighten and tone your whole body.

H.I.T.T. (High Intensity Tactical Training) is designed for active duty members to participate in circuit type workouts which include strength, power, speed, agility, and endurance. Participants will use a variety of equipment including kettle bells, chains, tires, dummies, d-balls etc. Your work out will be a HITT!