

JUN 2024

Dover Air Force Base Group Exercise Schedule

SUN

MON

TUE

WED

THU

FRI

SAT

1

2

3

6:00 AM 90XT
8:00 AM TRX
9:00 AM TRX
12:00 PM 90X
4:00 PM STRONG
Nation®
5:00 PM Zumba®

4

6:00 AM 90XT
12:00 PM 90XT
5:30 PM Warrior
Fitness Boot Camp

5

6:00 AM 90XT
8:00 AM TRX
9:00 AM TRX
12:00 PM 90X
5:00 PM Zumba®

6

6:00 AM 90XT
12:00 PM 90X
4:00 PM STRONG
Nation®
5:30 PM Warrior
Fitness Boot Camp

7

6:00 AM 90XT
8:00 AM TRX
9:00 AM TRX
12:00 PM 90XT

8

9

10

6:00 AM 90XT
8:00 AM TRX
9:00 AM TRX
12:00 PM 90X
5:00 PM Zumba®

11

6:00 AM 90XT
12:00 PM 90XT
5:30 PM Warrior
Fitness Boot Camp

12

6:00 AM Spin
6:00 AM 90XT
8:00 AM TRX
9:00 AM TRX
12:00 PM 90X
5:00 PM Zumba®

13

6:00 AM 90XT
12:00 PM 90X
4:00 PM STRONG
Nation®
5:30 PM Warrior
Fitness Boot Camp

14

6:00 AM Spin
6:00 AM 90XT
8:00 AM TRX
9:00 AM TRX
12:00 PM 90XT

15

16

17

6:00 AM Spin
6:00 AM 90XT
8:00 AM TRX
9:00 AM TRX
12:00 PM 90X
5:00 PM Zumba®

18

6:00 AM 90XT
12:00 PM 90XT
5:30 PM Warrior
Fitness Boot Camp

19

**NO GROUP
EXERCISE CLASSES
(JUNETEENTH)**

20

**NO GROUP
EXERCISE CLASSES
(DOVER AFB FAMILY
DAY)**

21

6:00 AM Spin
6:00 AM 90XT
8:00 AM TRX
9:00 AM TRX
12:00 PM 90XT

22

23

24

6:00 AM Spin
6:00 AM 90XT
8:00 AM TRX
9:00 AM TRX
12:00 PM 90X
5:00 PM Zumba®

25

6:00 AM 90XT
12:00 PM 90XT
5:30 PM Warrior
Fitness Boot Camp

26

6:00 AM Spin
6:00 AM 90XT
8:00 AM TRX
9:00 AM TRX
12:00 PM 90X
5:00 PM Zumba®

27

6:00 AM 90XT
12:00 PM 90X
4:00 PM STRONG
Nation®
5:30 PM Warrior
Fitness Boot Camp

28

6:00 AM Spin
6:00 AM 90XT
8:00 AM TRX
9:00 AM TRX
12:00 PM 90XT

29

30

NOTE: All Mizani Fitness group exercise classes are 45 minutes in duration and held in the Dover Air Force Base Fitness Center. Please adhere to the physical/social distancing guidelines and check the schedule regularly for updates.



MIZANI FITNESS GROUP EXERCISE CLASS DESCRIPTIONS

Spin – An indoor cycling experience sequenced to music to make you FEEL THE RIDE while getting that heart rate pumping!

STRONG Nation® – A high intensity workout that combines body weight, muscle conditioning, cardio and plyometric training moves synced to music.

Warrior Fitness Boot Camp – A high intensity workout that includes bodyweight circuits, explosive movements and interval training guaranteed to make you sweat!

Yoga – A breath-linked Vinyasa flow that will stretch and tone the body while calling the mind and spirit into alignment.

Zumba® – An invigorating Latin inspired, dance fitness class that includes Merengue, Salsa, Cumbia and Reggaeton.

