

# GROUP FITNESS CLASSES

## JANUARY – MARCH

■ BUCKNER ■ ELMENDORF

Day	Time	Activity	Instructor	Location
MON	9:15 AM	Water Aerobics	(Lisa)	Buckner
	9:30 AM	PIYo	(Christina)	Elmendorf
	11 AM	Zumba	(Heather)	Buckner
	11:30 AM	TRX	(Christina)	Elmendorf
	5:15 PM	RIP	(Ron)	Elmendorf
TUE	6 AM	Cycle Bootcamp	(Vicky)	Buckner
	10:30 AM	Zumba	(Tatiana)	Elmendorf
	11:45 AM	R.I.P	(Ron)	Elmendorf
	5:15 PM	Pilates	(Caroline)	Elmendorf
	5:15 PM	Yoga Flow	(Erica)	Buckner
	6:30 PM	Kickboxing	(Conita)	Buckner
WED	6 AM	Indoor Cycling	(Amanda)	Buckner
	9:30 AM	Tai Chi for Health	(Ana)	Buckner
	10:45 AM	Zumba Gold	(Anna)	Buckner
	5:15 PM	R.I.P	(Sayako)	Elmendorf
	5:30 PM	Xtreme Hip-Hop Step	(Jessica)	Buckner
	6:30 PM	Yoga Sculpt	(Conita)	Buckner
	6:30 PM	Zumba	(Tatiana)	Elmendorf
THURS	6 AM	Cycle Bootcamp	(Vicky)	Buckner
	10:30 AM	Zumba	(Heather)	Elmendorf
	11:45 AM	R.I.P	(Christina)	Elmendorf
	5:15 PM	Yoga Flow	(Erica)	Buckner
	5:30 PM	Zumba	(Jessica)	Elmendorf
	6:30 PM	Boss Chick	(Kasha)	Buckner
FRI	6 AM	Indoor Cycling	(Amanda)	Buckner
	9:15 AM	Water Aerobics	(Lisa)	Buckner
	9:30 AM	Tai Chi for Health	(Ana)	Buckner
	9:30 AM	PIYo	(Christina)	Elmendorf
	10:45 AM	Zumba	(Christina)	Elmendorf
SAT	12:15 PM	Zumba	(Jessica)	Buckner
	1:30 PM	TurboKick	(Christina)	Buckner

Open to JBER Fitness Authorized Users 18+.  
 All classes are Fitness Improvement Programs (FIP) approved.  
 All classes are 1 hour. Class type and Instructor may vary.

# CLASS DESCRIPTIONS

**Barre Above/CIRCL Mobility:** Fusing the best of pilates, yoga, aerobics, and elements of the strengthening exercises dancers do. Barre Above delivers a results-driven workout that is not only fun and dynamic, but it will sculpt your body.

**Boss Chick:** A high intensity hip-hop, dancehall, and afrobeats fusion twerkout that will have you poppin, lockin, and droppin your way to a bangin' healthy body. The class features dance cardio set to the hottest beats of hip-hop, dancehall, and afrobeats. In addition to dis covering your inner Beyoncé, you will be sculpting your abs, arms, legs, and booty for a complete full body workout! Come prepared to sweat and dance like never before and burn up to 1000+ calories!

**Cycle Strength:** A fusion of cycling drills and total body exercises on the floor. A constant back and forth of intensity that engages your mind and body.

**Indoor Cycling:** A fun, music-filled, fast paced indoor cycling class where you can work your heart and body and have fun at the same time! Ride from the shoreline to the hills in this journey that is designed to provide you with optimum in fat burning and strength building. This ride will stimulate varied terrain as you tackle rolling hills, sprints, and other drills to give you a great interval workout. This class is for beginners as well as seasoned cyclists.

**Kickboxing:** A high-intensity workout that incorporates cardio with jump ropes, quick footwork, lunges, and squats. Kickboxing moves are paired with punches, jabs, uppercuts, hooks, elbow strikes, roundhouse kicks, side kicks, front, and back kicks. The last 15 minutes of class is spent focusing on the core muscles. A lot of fun! Be prepared to sweat. Bring a water bottle! Great music for motivation!

**Pilates:** An upbeat dynamic class designed to balance our bodies by both strengthening and stretching our muscles for a leaner look. A safe and effective way to build muscle definition, trim waistline, and increase stamina. The goal is to improve our posture, relearn correct form, and cultivate movement that will stay with us for life.

**PiYo:** Intended for yoga rebels! These fast-paced strength exercises are designed to use your body to sculpt your body! PiYo combines Pilates and Yoga with a ZIP to make it fun! All fitness levels welcome, and instructors can help modify any movements for all participant fitness levels.

**POUND:** SWEAT. SCULPT. ROCK. POUND® is the world's first cardio jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums. Channel your inner performer and rock your body with this modern-day fusion of movement and music. Drum along to a slammin' soundtrack using Ripstix – weighted drumsticks designed to transform drumming into a kick-ass, fat burning, full body interval workout that will leave you dripping sweat. All fitness levels welcome.

**RIP:** This workout was created by Group RX as a barbell workout that incorporates functional orthopedic strength training. Every movement plane is attacked using weights and bodyweight. Featuring safe and motivating exercises with great music to create a thrilling group fitness atmosphere.

**Shallow Water Aerobics:** A great aerobic workout to music using water as resistance! This class is performed in chest-high water. It includes a warm up, moderate to intense cardio endurance, resistance training, and stretching. This class includes a lot of jumping, but is a low-impact exercise option, making it easier on your joints. A great way to improve your flexibility and balance.

**TRX:** A total body strength workout using suspension, body weight, and intervals. TRX's unique design engages the core to build strength, flexibility, and balance.

**Turbo Kick:** A high-intensity interval training (HIIT) based, full body workout that begins with a sports-specific warm-up. High-paced intervals follow with kickboxing-specific strength and endurance training sequences and easy-to-follow combinations all coordinated to amped up music. Jab, Cross, Hook, Uppercut!

**Xtreme Hip-Hop Step:** A step aerobic fitness movement created by certified group and personal trainer Phillip Weeden out of Cleveland, OH. It is a revamp of the traditional step aerobics, and it provides the swag of old and new school Hip-Hop. The ultimate goal of Xtreme Hip-Hop™ is to breathe life back into fitness and make it fun for all ages, cultures, genders, and fitness levels. The mission is to help save lives and encourage fitness by making it fun and not a chore! We are "Making Step Great Again."

**Yoga Sculpt:** Toning and sculpting the body with light hand weights, bars, Yoga postures, and flows. Focusing on strengthening the core and pelvic floor. Stretch for flexibility. Breath work for focus and calming the mind. Using weights is always optional.

**Yoga Flow:** This Vinyasa-style class has an emphasis on the synchronization of breath with a continuous flow of movement. You can expect Sun Salutations, balancing postures, twists, backbends, and inversions, all while building heat, strength, flexibility, and mental focus. Modifications and progressions will be available for beginner and advanced yogis.

**Zumba:** Take the "work" out of workout and see why Zumba is called "exercise in disguise"! Zumba uses interval training combining fast and slow rhythms for an effective aerobic workout while at the same time targeting your legs, abs, glutes, and arms. You'll forget you're working out with the sexy and but simple moves to dance music like Merengue, Salsa, Reggaeton, Cumbia, Hip-Hop, and more. Ditch the workout...Join the Party!

**Zumba Gold:** Aerobic exercise for anyone who loves dancing. Use a variety of music from all over the world. You choose to level up or level down the intensity to meet your needs. Beginners and seasoned dancers gather together to have fun and start the day with a treat yourself.