

# KADENA AIR BASE FITNESS CENTER

# GROUP FITNESS

# SEPTEMBER 2023 CALENDAR

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0500-0600	Shogun Functional Fitness					<b>AIR FORCE BIRTHDAY 10K</b> September 16 <sup>th</sup> @0800 Risner Front Parking Lot  <b>OCTOBERFEST 5K</b> September 23 <sup>rd</sup> @0800 Risner Front Parking Lot
0600-0700	Shogun Functional Fitness					
0630-0730	FIP Mat Pilates (Hyla) Mirror Room	FIP Bootcamp (Stephanie) FFR 2	FIP Speed & Strength (Kristan) Front Desk		FIP RIP (Sarah) Aerobics Room	
0900-1000	Rhythm Cycle (Jennifer)	HIIT Cycle (Dee)	Rhythm Cycle (Jennifer)	Rhythm Cycle (Sarah)	Rhythm Cycle (Jennifer)	
1015-1115	RIP (Sarah)	L1FT (Miki)	Zumba Toning (Miki)	Barre (Sarah)	MixedFit (Ai)	
1130-1230	FIP HIIT Cycle (Sarah) Spin Room	FIP Cycle (Dee) Spin Room	FIP HIIT (Miki) Aerobics Room	FIP Yoga (Allyssa) FAC BLDG	FIP Burn Bootcamp (Mary) FFR2	
1715-1815		Vinyasa Yoga (Allyssa) FAC BLDG	Restorative Yoga (Allyssa) FAC BLDG			
1730-1830			Mixed Fit (Ai)			
1800-1900	FIP Cycle (Dee) Spin Room		FIP Yoga (Patricia) Mirror Room	FIP P90X (Laura) Aerobics Room	FIP Cycle (Dee) Spin Room	
1815-1915		Groove Cycle (Steven)		Groove Cycle (Steven)		
1900-2000	Karate (koei)				Karate (koei)	
1900-2100	Brazilian Jiu Jitsu (Ivan)		Brazilian Jiu Jitsu (Ivan)			
1915-2015		Xtreme HipHop (Aisha)	Xtreme HipHop (Aisha)	Zumba (Laura)		

**Key Locations**

- Aerobics Room
- Cardio Classes
- Karate
- Spin Room
- Cycling Classes
- Brazilian Jiu Jitsu
- Pad
- Yoga - Alternate
- FIP Classes - Alternate
- Pad
- Shogun Functional Fitness
- Functional Fitness Room 2
- Burn Bootcamp

*\*Pricing at front desk*

(315)-634-5128

KADENA AIR BASE  
SPORTS & FITNESS  
沖縄 日本

**NO CLASSES ON HOLIDAYS, FAMILY DAYS, SUNDAYS, TCCOR-1, AND FEDERAL HOLIDAYS – LABOR DAY SEPTEMBER 4 – 5<sup>TH</sup>/SCHEDULE SUBJECT TO CHANGE**

**Fitness Improvement Program (FIP): Open to all members. MANDATORY FIP members take precedence and will receive credit.**

**Shogun Functional Fitness: Mandatory 3 hour fitness fundamentals class prior to attendance (One-time \$30 fee) Class in session on September 9<sup>th</sup> @0900**

Facebook: @Kadena Sports & Fitness Complex

Smoothie of the Month: PEACHY DREAM

## **Risner Group Ex. Class Description**

**Beginners Yoga:** A beginners approach to practicing Vinyasa yoga that offers slower pace while focusing on developing clear and safe alignment in foundational poses. All levels.

**Barre:** is a hybrid workout class - combining ballet-inspired moves with elements of Pilates, dance, yoga and strength training. Most classes incorporate a ballet barre and use classic dance moves such as plies, alongside static stretches.

**Burn Bootcamp:**A full body strength workout designed to push your endurance, build strength, and empower your athletic ability. Class format is at your own pace, typically AMRAPs while utilizing bodyweight exercises and equipment including but not limited to kettlebells, barbells, trx, ropes, dumbbells, rowing, and bikes. All athletic abilities are welcome.

**Group Cycle/Groove Cycle:** Incorporates various resistances (gears) either in the seat or climbing for maximum rider efficiency and safety. Challenge yourself using proper techniques that mimic outdoor road biking to include: sprints, hill climbs, pushes, accelerations, and breakaways. Geared towards all fitness levels and instructors will provide parameters for a greater challenge or to scale back your ride.

**HIIT: (high, intensity, interval training)** A full body workout using a variety of workout equipment and complete intervals of high activity to improve cardiovascular fitness while improving muscle strength and endurance.

**HIIT Cycle (Spin):**A fun high intensity spin fusion focusing on heart rate and various muscle groups through intervals of endurance, strength, rhythm, balance, recovery, and dumbbell work for an ultimate calorie burn. Gain stamina, increase lung capacity, build cardio strength, and tone muscles all while spinning. All levels.

**LIFT:** delivers true strength development. Takes principles from weight lifting and a strength development format. With varied training protocols, LIFT keeps your muscles challenged and your mind guessing. All levels.

**MixedFit:** MixedFit is a people-inspired fitness program that is a mix of explosive dancing and boot camp toning. Everything about our dance fitness program can be described as explosive – all the movements are always big, exaggerated, full-out you best. The choreography is not complex or difficult. The steps are repetitive and very easy to follow..

**P90X:** targets aerobic and anaerobic systems equally. Working on hypertrophy (muscle growth), power (strength), stabilizer- and core-muscle strength, as well as balance and flexibility

**RIP:** A 60- minute workout that is specifically designed to help you get lean, toned, and fit. Matching movement to music and using traditional strength training allows participants to work at their own level.

**Rhythm Cycle:** A fun full body workout that combines the cardio burn of indoor cycling with exercises that target your core and arms. Designed around the beat of the music so you will have a blast while burning those calories. While each song has its own routine, this is your ride, so feel free to ride at your own pace, control your own resistance, and sit down to take a break anytime.

**Strength and Speed:** The first half of class gives you the opportunity to focus on improving your running speed while the other half of class provides functional fitness for whole body strength training. You'll gain speed,, strength, endurance and get leaner working with a run coach in this fast paced group fitness class. All ability levels are welcome.

**Xtreme HipHop:** An energetic, hard-hitting step-aerobics and cardio fitness class designed to improve cardiovascular endurance using music to move your body.

**Vinyasa Yoga:** A flow style yoga class, synchronizing breath + movement. Class pace is moderate to fast at times. You'll flow from one pose to the next using the inhalation and exhalation while creating a space to build and maintain a connection between body and mind. Sequences are created for all levels.

**Yin Yoga:** Instruction and guidance through breathing exercises and poses to stretch and lengthen rarely-used tissues and fascial networks by holding long, deep, and passive stretches. Finishing with a guided relaxation Savasana resting position.

**Zumba:** An aerobic fitness program featuring movements inspired by various styles of Latin American dance and performed primarily to Latin American dance music. All levels.

**Zumba Toning:** Blending specific Zumba moves and body sculpting using lightweight dumbbells to help you focus on specific muscle groups. Toning target zones include: arms, core, and lower body.