

times	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00 am	BOOT CAMP w/ SUE *FIP Class	FLOOR, CORE & MORE w/ SHARON *FIP Class	BOOT CAMP w/ SUE *FIP Class	BOOT CAMP w/ SUE *FIP Class	FLOOR, CORE & MORE w/ SUE *FIP Class	
8:30 am		WATER AEROBICS w/ SUE *FIP Class		WATER AEROBICS w/ SUE *FIP Class		
9:00 am	INTERVAL w/ RHONDA *FIP Class		BODY CONDITIONING w/ RHONDA *FIP Class		LOW IMPACT w/ TERESA *FIP Class	COMBO (90 min) w/ Rhonda or Theresa *FIP CLASS
10:00 am		PILATES w/ SUE		PILATES w/ MICHELE		
11:30 am		CYCLING w/ SUE *FIP Class	YOGA w/ PHOEBE	CYCLING w/ SUE *FIP Class		
12:00 pm	STEP w/ SHARON					
4:00 pm	BODY CONDITIONING w/ SUE *FIP Class	ZUMBA w/ GRACE				
5:00 pm	CYCLING w/ VAL *FIP Class		CYCLING w/ SHELLEY FIP Class	ZUMBA w/ MONTSE		PLEASE NOTE: No Classes On: 9/3 & 9/6

BODY CONDITIONING: Designed to improve muscular strength and endurance utilizing weighted body bars, hand weights, Bosu, & gliding discs.

BOOT CAMP: A high-energy total body conditioning that incorporates sport specific drills.

CYCLING: Dynamic, high-energy indoor cycling designed for all level students to increase cardiovascular endurance, muscular strength and endurance, body composition and flexibility.

LOW IMPACT: Circuit-style workout with a series of cardio moves that is tough on the heart and easy on the joints!

PILATES: A series of non-impact exercises designed to develop core strength, flexibility, balance, and inner awareness.

WATER AEROBICS: Mimic sports workouts and exercises in the water, such as running, biking, weight lifting and kickboxing, without impact or wear and tear on the joints.

INTERVAL: Deliberately alternating between brief periods of varying the intensity and duration during a workout; a method used to supercharge your fitness, boost your metabolism, and maximize your workout.

ZUMBA: Latin rhythms and easy-to-follow moves are used to create a one-of-a-kind calorie-burning, body-energizing, awe-inspiring workout and captivate for life!

WARNING: This class and its international music may cause a severe urge to dance along with an extreme sense of happiness. If you experience any of the above symptoms, please report to the PAFB Zumba fitness class.

FLOOR, CORE, & MORE: is a combination of Pilates, Yoga and other current core training techniques designed to improve muscle endurance, core strength, range of motion/flexibility, balance, and coordination with minimal to no equipment.

STEP: A high-energy, high-calorie burning class that utilizes a combination of choreographed and core-strength exercises to improve cardiovascular fitness and overall body strength.

YOGA: A class that is similar to Pilates but with an additional emphasis of mind-body connection and overall relaxation.

COMBO: "Anything goes" is the theme of this class. If you are looking to mix things up and be surprised as you go, this class is a great way to add variety to your program. All of the core components of fitness are covered in this class.