



Active Duty Class Schedule

*Classes are cancelled on days of events.

CLASS TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30AM	TRX EXPRESS (30 MINS) *FIP DANIELLE	POWER EXPRESS (30 MINS) *FIP TAMMY	TRX EXPRESS (30 MINS) *FIP LEIANE	POWER EXPRESS (30 MINS) *FIP TAMMY	TRX EXPRESS (30 MINS) *FIP DANIELLE
6:30AM		READY, SET & RUN! (FITNESS CENTER – 45 MINS) *FIP DANIELLE		READY, SET & RUN! (FITNESS CENTER – 45 MINS) *FIP DANIELLE	
7:00AM	AB ATTACK (INDOOR BASKETBALL COURT - 30 MINS) *FIP DANIELLE	CORE & MORE (30 MINS) *FIP TAMMY	AB ATTACK (INDOOR BASKETBALL COURT - 30 MINS) *FIP LEIANE	CORE & MORE (30 MINS) *FIP TAMMY	AB ATTACK (INDOOR BASKETBALL COURT - 30 MINS) *FIP DANIELLE
7:00AM	BOOT CAMP (B-BALL COURT – 45 MINS) *FIP TAMMY		BOOT CAMP (B-BALL COURT – 45 MINS) *FIP TAMMY		BOOT CAMP (B-BALL COURT – 45 MINS) *FIP TAMMY

CLASS DESCRIPTIONS:

TRX EXPRESS: (30 MINUTES/FIP) This class utilizes the TRX suspension system which is designed to build muscle endurance, strength and coordination.

AB ATTACK: (30 MINUTES/FIP) Designed to strengthen the core muscles using varying core exercises and equipment.

BOOT CAMP: (45 MINUTES/FIP) A high-energy total body conditioning class that incorporates different exercises and techniques for an overall body workout.

POWER EXPRESS: (30 MINUTES/FIP) A barbell class emphasizing muscular endurance and strength.

READY, SET, RUN!: (45 MINUTES/FIP) Designed to help improve cardiovascular endurance and speed. Participants will work with varied equipment on running drills to improve their running overall.

CORE & MORE: (30 MINUTES/FIP): This class utilizes exercise combinations and equipment to strengthen the core with an overall body workout.

FIP denotes FITNESS IMPROVEMENT PROGRAM CLASS

No reservations will be accepted for classes

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