

JANUARY

EXERCISE SCHEDULE



Total Body Conditioning and Strength classes are led by Certified Personal Trainers at NO COST.

Enhanced classes (Spin, Yoga and Qigong) have a \$2 fee.

All Classes meet the requirement for Fitness Improvement Program (FIP) per AFI 34-266 except Yoga and Qigong.

Instructors for Enhanced Classes: John (J), Debbie (D) and LauraLynn (L)

MON

TUE

WED

THU

FRI

1

1
Total Body Conditioning and Strength
0530, 0700, 1200 & 1630
0545 Spin - (J)
1730 Yoga - (L)

2
Total Body Conditioning and Strength
0530, 0700, 1200 & 1630
0900 Qigong - (D)

3
Total Body Conditioning and Strength
0530, 0700, 1200 & 1630

4
Total Body Conditioning and Strength
0530, 0700 & 1200
0600 Yoga - (L)

7
Total Body Conditioning and Strength
0530, 0700, 1200 & 1630

8
Total Body Conditioning and Strength
0530, 0700, 1200 & 1630
0545 Spin - (J)
1730 Yoga - (L)

9
Total Body Conditioning and Strength
0530, 0700, 1200 & 1630
0900 Qigong - (D)

10
Total Body Conditioning and Strength
0530, 0700, 1200 & 1630

11
Total Body Conditioning and Strength
0530, 0700 & 1200
0600 Yoga - (L)

14
Total Body Conditioning and Strength
0530, 0700, 1200 & 1630
TBCS "ABY Only" 0700 & 1730
0900 Qigong - (D)

15
Total Body Conditioning and Strength
0530, 0700, 1200 & 1630
0545 Spin - (J)
1730 Yoga - (L)

16
Total Body Conditioning and Strength
0530, 0700, 1200 & 1630
TBCS "ABY Only" 0700 & 1730
0900 Qigong - (D)

17
Total Body Conditioning and Strength
0530, 0700, 1200 & 1630

18
· Holiday Hours ·
0900-1700
· No Fitness Classes ·

21
· Holiday Hours ·
0900-1700
· No Fitness Classes ·

22
Total Body Conditioning and Strength
0530, 0700, 1200 & 1630
0545 Spin - (J)
1730 Yoga - (L)

23
Total Body Conditioning and Strength
0530, 0700, 1200 & 1630
TBCS "ABY Only" 0700 & 1730
0900 Qigong - (D)

24
Total Body Conditioning and Strength
0530, 0700, 1200 & 1630

25
Total Body Conditioning and Strength
0530, 0700 & 1200
TBCS ABY Only 0700 & 1730
0600 Yoga - (L)

28
Total Body Conditioning and Strength
0530, 0700, 1200 & 1630
TBCS "ABY Only" 0700 & 1730
0900 Qigong - (D)

29
Total Body Conditioning and Strength
0530, 0700, 1200 & 1630
0545 Spin - (J)
1730 Yoga - (L)

30
Total Body Conditioning and Strength
0530, 0700, 1200 & 1630
TBCS "ABY Only" 0700 & 1730
0900 Qigong - (D)

31
Total Body Conditioning and Strength
0530, 0700, 1200 & 1630

*Total Body Conditioning and Strength "A Better You" (ABY) classes are only open to A Better You participants contracted for the 6 week challenge starting 14 January - 22 February.

Total Body Conditioning and Strength (Certified Personal Trainer Led workouts, no fee)

Conditioning workouts benefit everyone from athletes to people looking to lose weight. Total Body Conditioning and Strength is a program comprising whole body workouts to improve cardiovascular endurance, strength, flexibility, power, speed and balance. It is a unique strength and conditioning workout routine split into circuits or stations using your own bodyweight and also adding multiple pieces of equipment like kettlebells, medicine balls, dumbbells, weights, ropes, barbells, plyo boxes and more. The program is designed for anyone committed to improving their physical abilities. We can regress and progress individual exercises as needed, the program doesn't change.

Total Body Conditioning and Strength "A Better You" (ABY) Participants Only

*Total Body Conditioning and Strength "A Better You" (ABY) classes are only open to A Better You participants contracted for the 6 week challenge starting 14 January - 22 February. Monday, Wednesday & Friday 0700 & 1730

Enhanced Classes: (Contracted Instructors, Spin, Yoga and Qigong has a \$2 fee).

SPIN:

This is a 45 min. stationary cycling class that combines basic cycling movements with correct breathing, heart rate training and great coaching. It is a non-impact, individually paced, cardio class great for any fitness level. Instructors will guide participants through workout phases: warm-up, steady cadences, sprints, climbs, cool-downs, etc. while listening to upbeat music. Each individual controls their resistance on the bike to make the pedaling as easy or difficult as they choose.

Yoga:

This total mind-body workout that combines strengthening and stretching poses with deep breathing and meditation or relaxation. Our Yoga instructors are able to accommodate the exercises to any fitness level so anyone from beginner to advanced participants can take this class.

QIGONG:

Qigong is a holistic system of coordinated body posture, movement, breathing, and meditation used in the belief that it promotes health, spirituality, and martial arts training. With roots in Chinese medicine, philosophy, and martial arts, qigong is traditionally viewed as a practice to cultivate and balance qi, translated as "Life Energy".