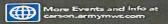


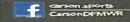
ALL classes are \$3 each Credit card Preferred for payment and 45-55 minutes long. Monthly passes are available for \$45 each. Holiday weekend Please refer to the MWR Website



	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ESS CENTER	0500		Indoor cycle		Indoor Cycle			
	0630	PT Indoor Cycle*	PT RIP*	PT Indoor Cycle*	PT RIP*			
	7 1987		Tactical Training*		Tactical Training*			
	v. Hillor		Talen Ti		S ENERGY STATE	In block		
	0800	SRU PT*	SRU PT*	SRU PT*	SRU PT*	SRU PT*		
	0900	Zumba	Family Fitness	Zumba	Family Fitness	Zumba	Zumba	
	1000	Strength	RIP Training	Circuit	RIP Training			
	1100					Please note: — Credit card is the ONLY payment option— Masks MUST BE WORN during class.		
	1330			Behavioral Health Yoga*		12 people max in each class. Make sure you practice social distancing Please make sure to sanitize all equipment		
E	F					used in class	·	
IVY FITNESS	1630	Indoor Cycle		Indoor Cycle				-
	1700				Total body HITT			
	1730	Taekwondo		Taekwondo				
	1830		Zumba		Xtreme Hip Hop Step			5/02













CLASS

DESCRIPTION

Class	Description				
	Please note: Credit card is the ONLY payment option Masks MUST BE WORN during class. 12 people max in each class. Make sure you practice social distancing Please make sure to sanitize all equipment used in class.				
18	The state of the s				
Indoor Cycle	Cycling adventure freeing your mind and energizing your body!				
Family Fitness	"This class is designed to allow parents to stay fit while incorporating their children. Go through a mixture of high and low intensity cardio and strength building movements in this circuit style class. You'll get a full body workout and bonding time!"				
Zumba	Latin fusion dance moves to keep your body moving!				
746					
Strafegina	TOTAL DIA DISTRICTOR SWITCH DESCRIPTION OF THE SPECIAL				
PT Classes*	PT Indoor cycle, and PT RIP, are available for the Active Duty Sol- dier. All classes are by reservation Please contact Kris (524-2520), Tim (524-2411) or Nick (526-2706) for details.				
Taekwondo	\$60/ Month for the first Child \$40/Month for the second and the 3rd Child is FREE. Classes are Monday and Wednesday at 1830. Gain Self Control, Confidence and Self defense.				
Tactical Training	Is designed to help improve movement, strength/endurance, cardio and agility to help you complete the ACFT. Classes are held on Tuesday (Strength), Wednesday (Circuit) and Thursday (Conditioning). Contact Tim Agan for more infor- mation at 719-524-2411 or timothy.j.agan3.naf@mail.mil				
Tente Talony					
Xtreme Hip Hop Step	Xtreme Hip Hop is a fitness movement based on using step aerobics designed to challenge, yet awaken your fun side with callouts over hip-hop and r&b music from yesterday and today. The class is highenergy cardio to help you have fun, show out, and make step great again!				





