



USAFA Fitness & Sports Group Exercise Schedule September 2021

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
0800	Senior Open Swim		Senior Open Swim		Senior Open Swim	
0900	Aqua Zumba	Zumba	Aqua Zumba *No class on 8 Sept.			
0930				Body Sculpt		
1000		Indoor Cycling		Indoor Cycling		
1100	Zumba		Zumba	Zumba	Yoga	
1200			Indoor Cycling			
1600			Tai Chi			
1630	Zumba	Barre (7 & 21 Sept. only) Pilates (14 & 28 Sept. only)				
1700		WaterPower (knees & hips)		WaterPower		
		Indoor Cycling		Indoor Cycling		
1800		Xtreme HipHop (7 & 21 Sept. only)				

ANNOUNCEMENTS

- Registration is open for the ½ Marathon & 10K event on 2 Oct
- **Labor Day Weekend Hours:** Fri-Mon 0600-1930
- Open Swim (Labor Day Weekend) Fri-Mon 1230-1630 pm
- No classes on 1 & 6 Sep

All classes are free to DOD ID card holders. Guest fee is \$2 per class. Classes have been reduced in capacity to comply with social distancing guidelines.

Please arrive 15 minutes prior to class time to sign-in. Classes are available on a first come, first serve basis.

MASKS ARE REQUIRED IN THE GROUP EXERCISE ROOM, REGARDLESS OF VACCINATION STATUS.

<https://www.usafasupport.com/fitness-center.html>

Class Descriptions

Indoor Cycling	Fear is not a factor for you! Riders of all fitness levels come together for classes designed to increase strength, endurance and aerobic capacity. Ride with us as we traverse hills, flats and mountain peaks. Join us as we improve our fitness through interval training and various drills. Our instructors will guide and encourage you, but YOU are in control.
Zumba	This class is a fun energetic aerobic fitness “party” featuring movements from Latin American style dance and incorporating Latin American and hip-hop music. Come join the Party!
Barre	The BARRE class is a fusion of ballet, Pilates, yoga and strength training. This class is designed for a wide range of fitness levels, ages, and bodies. Barre incorporates specific sequencing patterns and isometric movements that target specific muscle groups. This pattern of exercise helps to improve strength, balance, flexibility and posture. The workout includes a warm-up, lower body section and a core section.
Xtreme Hip hop	This class is a fitness movement based class 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 high-energy cardio to help you have fun, show out, and make step great again!
Tai Chi Basics	In this Tai Chi Basics class, the student learns a dozen or so moves that are prominently found in most Tai Chi forms. When the student has become proficient in these prescribed moves, he or she will then be taught a Tai Chi form, where the student will apply the moves that he or she has learned. This class has many mental and physical health benefits.
Body Sculpt	Body Sculpt is a total body workout that focuses on strength and some cardio. It is designed to work all muscle groups and is for beginners as well as advanced exercise enthusiasts. It includes a warm-up, strength section, and some cardio. Various equipment is used during class, to include, TRX, kettlebells, balls, dumbbells, body bars and tubing.
Aqua Zumba	High energy but low-impact! The water creates a natural resistance and helps tone your muscles.
Water Power for Knees & Hips	This class is in a gravity-free environment, for people with knee or hip pain. Put on a floatation belt to remove all impact from weight-bearing joints. Run, power walk and speed walk intervals are modified here to protect the knees and mobilize the hips. Move to stretching, kick training and non-impact exercises. Finish with lower body strengthening for muscles surrounding the knees and hips.
Water Power Workout	This class is for those seeking a moderate to challenging workout. Put on a floatation belt and run, power walk and speed walk for interval training. Stretch, kick training, agility exercises, all with no weight-bearing or minimal weight-bearing. Finish with upper/lower body strengthening exercises.
Yoga	Fridays at 1100. This class emphasizes the basics of body alignment and yogic breathing technique for yoga practice. An excellent class for beginners to mid-level practitioners who are active and without major physical limitations. This class will develop stamina, strength, flexibility and balance.