



USAFA Fitness & Sports Group Exercise Schedule March 2020

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
0515	Indoor Cycling		Indoor Cycling		Indoor Cycling	
0800	Boot Camp		Boot Camp			Yoga-Flow
0815					Zumba	
0900		Boot Camp		TRX		Yoga –Flow
0915	Total Body		Total Body		Total Body	
	Aqua Zumba		Aqua Zumba			
1000	Indoor Cycling		Indoor Cycling			
1100	High Intensity	Zumba	Body Blast	Zumba	Body Challenge	
1200			Indoor Cycling			
1215		Yoga Flow		Restorative/Yin Yoga		
1330		Tai Chi 4 Hlth				
1645		Mat Pilates	Body Sculpt	Barre		
1700		Waterpower for Knees & Hips		Waterpower workout		
		Indoor Cycling		Indoor Cycling		
1815	Xtreme Hip Hop Step Aerobics	Mindfulness Yoga	TaiChi Basics			

Announcements
NO CLASSES

- 4 Mar-1815 Tai Chi
- 7 Mar – 0800/0900 Yoga
- 31 Mar- 1330 Tai Chi

Inclement weather phone
• 333-8966

Special Events

- Ask the Front Desk about the Falcon of Steel Incentive Program!

All classes are free to DOD ID card holders. Guests are welcome for a \$2.00 per class fee. Please arrive 15 minutes prior to class time to sign-in.

Posted 2/27

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

5234 Aspen Drive, USAF Academy, CO 80840

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Group Exercise Schedule 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. Want more information? Pick-up one of the handouts by the class schedules!

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.

Tai Chi 4 Hlth: Tai chi originated as a martial art, but today it is practiced as an exercise to improve health and wellness. Created by a team of tai chi and medical experts, the Tai Chi for Health program is safe and easy to learn. It combines traditional tai chi forms, while stressing balance, focus and mindfulness. Beginners are always welcome.

Yoga Flow: Tuesdays at 1215 and Saturday at 0800 and 0900. This class emphasizes the basics of body alignment and yogic breathing technique for any level of yoga practice. An excellent class for beginners through mid-level practitioners who are active and without major physical limitations. This class will develop stamina, strength, flexibility and balance.

Restorative/Yin Yoga: Thursdays at 1215. A slow, meditative practice that allows you time to settle into poses. Mostly seated and reclined poses held for 3-5 minutes each; some props and gentle movement. Designed to loosen the fascia, muscles, and tendons and lubricate connective tissues. A refreshing, peaceful hour of gentle stretching and mental clarity.

Mindfulness Yoga: Tuesday nights at 1815. A trauma sensitive yoga practice that utilizes adaptive yogic poses, breathing techniques, positive messaging, and a strong ephemeris on being grounded and present. Classes will utilize flow sequencing, statically held poses, yin, and restorative styles. Kristen meets the students where they are and with what they need. Students will gain yogic tools that can be applied to strengthen their own resiliency. First Tuesday of the month: Yin Yoga (Tuesday night, 6:15). Yin Yoga is offered per students' requests.

Total Body: An exciting way to get your cardio and strength workout. This class incorporates exercises and equipment such as, steps, weights, and resistance bands to work out your "total body!"

Boot Camp: This class will help you get into top shape by incorporating cardio and strength exercises such as in a military basic training! We utilize various equipment and weights for an extra challenge with short rest breaks.

High Intensity: This class provides a great cardiovascular workout for all participants. Choreography and intervals are used to guarantee a class that will keep you moving.

Body Blast: This is a high-intensity, no frills cardio and strength workout! This class will challenge both your cardiovascular and strength capacity.

Class Description: 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 high-energy cardio to help you have fun, show out, and make step great again!

Body Challenge: This class includes resistance and strength exercises. The high intensity level of this class is guaranteed to challenge your entire body!

TRX: This class is a suspension training program that utilizes one's own body weight to develop strength, balance, core, cardio and flexibility. The TRX exercises are designed for all fitness levels, from beginners to elite athletes.

Aqua Zumba: High energy but low-impact! The water creates a natural resistance and helps tone your muscles.

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!

Mat Pilates: The Mat Pilates class includes exercises that strengthen the body's core by developing pelvic and scapula stability, and abdominal control, using focused breathing patterns. The main fitness goals of this class include improved flexibility, muscle tone, body balance, spinal support, low back health, sports performance, and body-mind awareness. Various equipment, such as a small ball, Pilates ring, bands, or small weights, is usually incorporated into the class format.

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.

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.

Waterpower for Knees and 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.

Waterpower 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.