



GROUP EXERCISE CLASS SCHEDULE

Update: 04/25

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------|--|--|--|--|-----------------------------|
| 7:30-8:15 AM | | | | | Yoga BLDG. 305 |
| 11:30 AM - 12:15 PM | Functional Fitness CORE BLDG.305 | Functional Fitness Arms BLDG.305 | Functional Fitness Legs BLDG.305 | Functional Fitness Back/Chest BLDG.305 | Strength & PiYo BLDG.305 |
| 4:15PM - 5:00 PM | | Aqua Jog @ The Lagoon | | Aqua Jog @ The Lagoon | |

CLASS DESCRIPTIONS

AQUA JOG

Aqua jogging is a form of cardiovascular exercise that mimics the motion of jogging while submerged in water. You can do aqua jogging by running laps in the pool or wearing a flotation device around your waist and running in place.

Yoga

A mind and body practice that can build strength and flexibility.

FUNCTIONAL FITNESS

For all fitness levels. Exercises specific to improve day-to-day duties, on the job or at home, including lifting, pushing, carrying and aerobic/anaerobic demands. Daily Specific Focus: Monday, Core Exercise. Tuesday, Upper body strengthening. Wednesday, Lower body strengthening. Thursday, Big Muscle Groups - Chest & Back. Friday, Core and Cardio strengthening exercises.

Strength & PiYo

An athletic blend of Yoga combined with mat Pilates designed to enhance muscle strength and length, improve posture, flexibility and physical awareness.

The Lagoon POOL HOURS:

Active Duty Lap Swim:

Monday - Friday: 1200-1400

Recreational Swim:

Monday - Friday: 1400-1700

Saturday - Sunday: 1200-1700

