



# GROUP EXERCISE CLASS SCHEDULE

Update: AUG 2025

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
7:00-8:00 AM				Every other Friday beginning 30 May	→ Command PT BLDG. 305	
7:30-8:15 AM				Every other Friday beginning 06 June	→ Yoga BLDG. 305	
9:00-10:00 AM	Spin Class BLDG. 305		Spin Class 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	Aqua Jog @ The Lagoon	
4:15PM - 5:00 PM		Aqua Jog @ The Lagoon		Aqua Jog @ The Tank		
5:00PM - 6:00PM	Hybrid Pilates BLDG. 305	Hybrid Pilates BLDG. 305	Hybrid Pilates BLDG. 305	Hybrid Pilates BLDG. 305		
6:00PM-7:00PM	WOD BLDG. 305	WOD BLDG. 305	WOD BLDG. 305	WOD BLDG. 305		
10:00AM-11:00AM					2 <sup>nd</sup> & 4 <sup>th</sup> Saturday each month	Saturday SWEAT BLDG. 305
4:00PM-5:00PM			4 <sup>th</sup> Thursday of each month	→ Fundamentals BLDG. 305		

## Lap Swim:

Monday - Friday: 1300-1500

## Pool Hours:

The Lagoon: Sunday -Wednesday 1300-2000

The Tank: Thursday - Saturday 1300-2000



12439 08/23 PG





## 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.

### SPIN CLASS

There is no doubt that spin classes are exciting and upbeat. This class will engage your mind and body through sound, and visual stimulation to achieve your most epic workout.

### HYBRID PILATES

This class is a fun fusion of Pilates, yoga, dynamic stretching, and lightweight or bodyweight movements, all designed to strengthen, tone, and restore.

Each class is one hour. Bring your own yoga mat, or use one provided.

All levels welcome.

Daily Specific Focus - Monday: Core, Tuesday: Arms, Wednesday: Legs & Glutes, Thursday: Full Body

### FUNDAMENTALS

4th Thursday of each month 1600 hours

This class is designed for new or returning athletes who want to learn or brush up on foundational skills used regularly in WOD Class. You'll focus on proper form and technique for movements with barbells, dumbbells, kettlebells, and more.

Athletes currently attending WOD Class may be encouraged to join Fundamentals for targeted support and skill refinement.

Each class is one hour. All levels welcome.

### 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.

### Command PT

Will be held every other Friday.

### WOD Class

Join us for the Workout of the Day! Expect a wide variety of movements using barbells, dumbbells, kettlebells, jump ropes, and more. Workouts are constantly varied and intentionally programmed to build strength and boost conditioning. Each class is one hour. Bring any accessories you may have like grips, gloves, jump ropes, weightlifting belts, etc. All levels welcome.

### SATURDAY SWEAT

2<sup>nd</sup> & 4<sup>th</sup> Saturday of the month.

We are so excited to offer a Saturday class, open to all! Join us for a fun workout to kickstart your weekend. Each session will feature bodyweight or low-skill, approachable movements that are doable for all fitness levels. Just show up, move, and start your weekend strong! Each class is one hour. All levels welcome.



12439 08/23 PG

