



# APRIL

## AEROBICS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	0630-0730: Cardio Weight Training Ms. Kathie		0630-0730: Cardio Weight Training Ms. Kathie	
0900-1000: Power Hour Ms. Shaye	0800-0900: Hatha Yoga Ms. Kathie		0800-0900: Hatha Yoga Ms. Kathie	
1630-1730: Cycle Bootcamp Ms. Mel	0900-1000: HITT Body Ms. Shaye	0900-1000: Power Hour Ms. Shaye	0900-1000: HITT Body Ms. Shaye	1000-1100: Pilates Ms. Lucy
1830-1930: SWERK Ms. Kellie	1630-1730: Power Cycle Ms. Mel		1630-1730: Power Cycle Ms. Mel	
	1830-1930: SWERK Ms. Kellie		1830-1930: SWERK Ms. Kellie	

**Cardio Weight Training** —A rigorous full-body workout that gets your heart pumping and muscles moving This class combines a cardio bases routine with targeted strength exercises. Class may incorporate props for a more intense strength workout.

**Cycle Bootcamp** —A high energy cycling class that's fun, energetic, and a great combination of strength and cardio. Going at a comfortable pace, but feeling motivated by high energy music, your instructor and peers, you'll experience a highly efficient, total body workout.

**Hatha Yoga** —A beginner yoga class that focuses on the foundation as well as alignment and breathing with each pose. You will leave feeling stronger, rejuvenated and balanced in mind, body and spirit.

**HIIT Body** — Expect a sweaty good time! "High Intensity Interval Training" is a type of interval training which combines short periods of explosive aerobic and strength activity with brief recovery. Designed to kick your fitness up a notch, come find out why HIIT is considered one of the most effective formats out there!

**Pilates** — Total body conditioning that focuses on aligning the spine and strengthening the core. This class helps improve posture, flexibility, balance and body awareness while making the body more efficient and less prone to injury.

**Power Hour** — An hour filled with total-body conditioning and motivational support! This class is designed to build strength, endurance, speed, and help you power through your fitness and life's everyday demands. Suited for all levels.

**SWERK**—Sweat and work! The world's best hip-hop cardio fitness workout.

\*\*\*ALL AEROBIC AND GROUP CLASSES TAKE PRECEDENCE IN THE AEROBICS ROOM\*\*\*

Hours: 0530-2030 Mon-Fri Closed: Sat, Sun, Holidays, and Family Days

For more information, please call 307-773-6199



F.E. WARREN AIR FORCE BASE

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