GROUP FITNESS SCHEDULE

GROUP

CLASS LOCATIONS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PILATES FITNESS CENTER, UPSTAIRS CARDIO AREA	0600-0700 PILATES MARISOL	0600-0700 SPIN THEO	0600-0700 PILATES MARISOL	0600-0700 SPIN THEO	0600-0700 YOGA MARISOL	
POWER YOGA FITNESS CENTER, UPSTAIRS CARDIO AREA	0830-0930 WARRIOR ATHLETE PRE/ POSTPARTUM CLASS JULIE B.					
SPIN FITNESS CENTER, UPSTAIRS CARDIO AREA						0830-0930 ZUMBA SUSY
WARRIOR ATHLETE PRE/ POSTPARTUM CLASS [ACTIVE DUTY ONLY] FITNESS CENTER UPSTAIRS CARDIO AREA		1130-1230 POWER YOGA JULIE B.	1130-1230 SPIN THEO			
YOGA FITNESS CENTER UPSTAIRS CARDIO AREA						
ZUMBA HITT CENTER	1630-1730 YOGA JULIE V.			1630-1730 YOGA JULIE V.		
	1730-1830 ZUMBA MARISOL		1730-1830 ZUMBA VERA			

Fitness Center Hours

Monday-Friday	0500-2200
Saturday-Sunday	0700-1700
Holidays	0700-1600

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GROUP CLASS DESCRIPTIONS

PILATES
Enhance your strength, flexibility, and posture in this Pilates class that blends precise, low-impact movements with focused breathing techniques. Rooted in core stabilization and spinal alignment, Pilates activates your deep muscles, improves balance, and supports better joint mobility, making it ideal for building functional strength and reducing tension.

POWER YOGA
A dynamic and energetic style of yoga that focuses on building strength, endurance, and flexibility while promoting mindfulness and inner balance. This practice blends traditional yoga poses with a fitness-oriented approach, offering a fastpaced, full-body workout. Power Yoga encourages sweat to detoxify the body and improve circulation. The sequences are often inspired by Vinyasa Yoga, where breath is synchronized with movement to create a flowing and meditative experience. Whether you're a seasoned athlete or a yoga beginner, Power Yoga offers a challenge tailored to your personal goals and abilities.

SPIN
Gear up for an energizing spin class that combines high-intensity cycling with rhythmic music to deliver a full-body cardio workout. Through a mix of sprints, climbs, and interval training, you'll improve cardiovascular endurance, build lower-body strength, and burn calories in an electrifying group environment.

WARRIOR ATHLETE PRE/POSTPARTUM CLASS (ACTIVE DUTY ONLY)
Rebuild strength. Restore confidence. Return to standards. This fitness class is specifically designed for active-duty navigating the transition into motherhood and back to full operational readiness after childbirth. The program focuses on safely rebuilding core strength, improving pelvic stability, and restoring total-body conditioning while respecting the physical demands of postpartum recovery.

YOGA
Unwind and recharge in this restorative yoga class, designed to promote deep relaxation and healing. Using gentle poses, props, and mindful breathing you'll release tension, calm the nervous system, and enhance your body's natural ability to recover and restore balance.

ZUMBA
Get ready to sweat, smile, and groove in this high-energy Zumba class! Perfect for all fitness levels, Zumba combines Latin-inspired dance moves with dynamic, easy-to-follow routines set to infectious music. Burn calories, tone muscles, and boost your mood as you salsa, merengue, reggaeton, and cumbia your way to fitness. Whether you're a seasoned dancer or a first-timer, this fun and supportive environment will have you moving with confidence and joy. No dance experience is necessary—just bring your enthusiasm, comfortable workout clothes, and plenty of water for this exhilarating workout party!

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