Fitness & Sports Center

Workout Schedule

Must show ID at the front counter before receiving pass for class. Civilian guests are not permitted to participate in aerobics or spinning classes. Active duty have priority for all aerobic and spinning classes and may sign up 30 minutes prior to class time. Dependants (minimum age 16), retirees, DOD civilians and reservists may sign up 15 minutes prior to class time. Contractors five minutes. FIP=Fitness Improve Program. Padded cycling shorts, stiff soled shoes, water bottle, and towel are recommended for spinning. Spinning beginners must show 15 minutes prior to start time for set up. *A $3 fee for all Zumba and TRX classes; a $5 fee for Boxing/Conditioning Cardio and E-Fit Total Body Workout classes. Space is limited.

BOOT CAMP: Work your entire body, heart and muscles, going to and from one exercise to another with no rest. Involves calisthenics and other body weight exercises. Your challenge is to take your body to its limit. You work, you sweat, and, best of all, you burn calories like crazy.

BOXING/CONDITIONING CARDIO*: This class provides a high level of conditioning, focusing on the upper and lower body, core, balance and strength. Learn Olympic style boxing techniques and fundamentals with no physical contact to participant. Required gear – hand boxing gloves, mitts and punch shield – will be provided by instructor.
* Small fee for Boxing/Conditioning Cardio classes. Space is limited.

E-FIT TOTAL BODY WORKOUT*: It is a total core work out.
* Small fee for E-Fit Total Body Workout classes. Space is limited.

INTERVAL: Emphasis on speed, temps, timing and rhythm. Movements may include high rpm pedaling on the flats, acceleration drills and recovery stretches. The goal is to develop the ability to recover quickly after work efforts.

KICKBOXING: Bored with your workouts? Me too! This class consists of box aerobics, kickboxing and martial art moves, put all together in a fast action, exciting and powerful format. Works all major muscle groups to include cardio and can be modified to any fitness level.

PILATES: Exercises teach awareness of neutral alignment of the spine. Instead of performing many repetitions of each exercise, do more precise movements requiring control and form.

SPIN ABS: Put your heart into butts & guts. Work your cardiovascular/strength.

STRENGTH: This session involves steady, consistent pedaling with heavy resistance. Strength rides promote muscular and cardiovascular development that will enable one to feel like a strong and powerful climber.

SUPER STEP: This peak performance step class provides a great cardiovascular workout for all participants. Power moves and propulsion.

THE COMPOUND: The Compound is a fantastic new fitness class that's good for everyone - from the first time gym patron to the advanced body builder. Anyone can and will benefit from the Compound - burn calories while building muscle. The class begins with a progressive warm-up, moves into pumping those muscles with cardio moves between every interval, and finishes with toning those abdominals. Get ready for an amazing one-hour workout!

TRIPLE THREAT: Step intro, kick, tone in motion.

TRX*: Build a solid core and improve muscular endurance – benefit to all fitness levels. This is a challenging total body work out that leverages gravity and body weight while you perform many different exercises. Cardiovascular intervals will be incorporated into some class routines to insure participants are performing in their target heart rate zones.
* Small fee for TRX classes. Space is limited.

YOGA TONE: A combination of Flow Yoga, music, and energy, amplified with the use of weights. Sweat and sculpt your way to a new level of flexibility and strength.

ZUMBA*: Inspired by the traditional cumbia, salsa, samba and merengue music, paired with favorite pulsating Latin rhythms and red-hot international dance steps. All classes will include core/aerobic activity; sometimes squats/lunges will be included in the workout.
* Small fee for all Zumba classes. Space is limited.

NOTE: No classes on family days, UTA weekends or federal holidays.

PAFB Fitness & Sports

21FSS PETERSON AFB FORCE SUPPORT SQUADRON

Fitness & Sports Center

Workout Schedule

MON	TUES	WED	THURS	FRI	SAT
STRENGTH 6 - 7 a.m. FIP - Spin	**ZUMBA*** 11:05-12 p.m.	**INTERVAL** 6-7 a.m. FIP - Spin	**YOGA** 11:05 a.m.-12 p.m. Aerobic	**INTERVAL** 6-7 a.m. FIP - Spin	
TRIPLE THREAT 11 a.m.-12 p.m. FIP - Aerobic	**STRENGTH** 11:15 a.m.-12:10 p.m. FIP - Spin	**KICKBOXING** 6-7 a.m. FIP - Aerobic	**SPIN ABS** 11:15 a.m.-12:10 p.m. FIP	**KICKBOXING** 11 a.m.-12 p.m. FIP - Aerobic	
ZUMBA* 12:05-12:55 p.m.	**TRX*** 12-12:55 a.m.	**BOOT CAMP** 11 a.m.-12 p.m. FIP - Aerobic	**TRIPLE THREAT** 12:05-1 p.m. FIP - Aerobic	**ZUMBA*** 12:05-1 p.m.	
INTERVAL 12:15-1:10 p.m. FIP - Spin	**YOGA TONE** 12:05-1 p.m. Aerobic	**THE COMPOUND** 12:05-1 p.m. --- **INTERVAL** 12:15-1:10 p.m. FIP - spin	**HAWC BOOT CAMP** 3:30-4:30 p.m. *Circuit training* --- **SUPER STEP** 4:30-5:30 p.m. FIP - Aerobic		
HAWC BOOT CAMP 3:30-4:30 p.m. Running	**HAWC BOOT CAMP** 3:30-4:30 p.m. Circuit Training	**HAWC BOOT CAMP** 3:30-4:30 p.m. Running	**INTERVAL** 5-6 p.m. FIP - Spin --- **ZUMBA*** 5:45-6:45 p.m.	**HAWC BOOT CAMP** 3:30-4:30 p.m. Running	
ZUMBA* 5:45-6:45 p.m.	**ZUMBA*** 5:45-6:45 p.m.	**TRX*** 5-6 p.m.	**Boxing/ Conditioning Cardio**** 6-7 p.m. Gym #2	**E-Fit Total Body Workout**** 5-6 p.m.	

*Zumba Classes: $3 per class
*TRX Class: $3 per class
**Boxing/Conditioning Cardio Class: $5 per class
** E-Fit Total Body Workout: $5 per class
Space is limited in these classes.