

## AEROBICS ROOM SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Body Sculpt Circuit</b> 9-10am Christina		<b>Triple Hit</b> 9-10am Kelly		<b>Total Body Sculpt</b> 9-10am Christina
	<b>Get Fit, Stay Fit</b> 10-11am DGMC		<b>Get Fit, Stay Fit</b> 10-11am DGMC	
<b>Power Fit Circuit</b> 11:30-12:30pm Christina	<b>Flex Lunch Cycle</b> 11:30-12:30pm Paula	<b>Power Fit Circuit</b> 11:30-12:30pm Christina	<b>Flex Lunch Cycle</b> 11:30-12:30pm Paula	
	<b>Prenatal Cardiolates</b> 4-5pm Nikki @ HAWC		<b>Prenatal Cardiolates</b> 4-5pm Nikki @ HAWC	
<b>Cycling</b> 5-6pm Jim	<b>Step/Abs</b> 5-6pm Tammy	<b>Cycling</b> 5-6pm Tammy	<b>Total Body Sculpt</b> 5-6pm Tammy	
<b>Turbo Kick</b> 6-7pm Aretha	<b>Cycling</b> 6-7pm Tony	<b>Turbo Kick</b> 6-7pm Aretha	<b>Power Fit Sculpt</b> 6-7pm Aretha	

Zumba Tue & Thu, 7-8pm  
 \$50 for 16 classes

### \* DOJO ROOM SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>\$ Yoga \$</b> Paula 5:15-6:15am		<b>\$ Yoga \$</b> Paula 5:15-6:15am		
	<b>\$ Yoga \$</b> Martha 11:30-12:30pm		<b>\$ Yoga \$</b> Martha 11:30-12:30pm	
<b>Body Core/ Run-Walk</b> 5:30-6:30pm Nikki @ HAWC		<b>Body Core/ Track Attack</b> 5:30-6:30pm Nikki @ HAWC		
<b>\$ Kung-FU \$ Self Defense</b> 6:30-7:30pm Tim	<b>\$ Yoga Therapy \$</b> 6:30-7:45pm Rita <i>(begins Feb 16)</i>	<b>\$ Tai Chi \$</b> 6:30-7:30pm Tim	<b>\$ Yoga Therapy \$</b> 6:30-7:45pm Rita <i>(begins Feb 16)</i>	

**\*FAC TESTING HAS PRIORITY AT ALL TIMES**  
*With the exception of the above scheduled classes*  
 Testing schedule: Mon-Fri at 7:30am, 9am, 10:30am, 1pm & 2:30pm

### NO FEE REQUIRED

*Aerobics classes offered to:*

- \* Dependents
- \* DoD Civilians
- \* Active Duty

### DOJO CLASS FEES:

*Yoga:*  
 \$50 for  
 16 classes  
*(please provide your own yoga mat)*

*Tai Chi:*  
 \$30 a month

*Kung Foo:*  
 \$30 a month

## \*AUTHORIZED FIT CAMP CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>FIT Camp</b> 6-7am	<b>FIT Camp</b> 6-7am	<b>FIT Camp</b> 6-7am	<b>FIT Camp</b> 6-7am	<b>FIT Camp</b> 6-7am
<b>Cycling</b> 6-7am	<b>FIT Camp</b> Profile/422 Yoga/Strength 6-7am	<b>Cycling</b> 6-7am	<b>FIT Camp</b> Profile/422 Yoga/Strength 6-7am	<b>Cycling</b> 6-7am
<b>Body Sculpt Circuit</b> 9-10am Christina		<b>Triple Hit</b> 9-10am Kelly		<b>Body Sculpt Circuit</b> 9-10am Christina
<b>Power Fit Circuit</b> 11:30-12:30pm Christina	<b>Flex Lunch Cycle</b> 11:30-12:30pm Paula	<b>Power Fit Circuit</b> 11:30-12:30pm Christina	<b>Flex Lunch Cycle</b> 11:30-12:30pm Paula	
<b>FIT Camp</b> 1-2pm	<b>FIT Camp</b> 1-2pm	<b>FIT Camp</b> 1-2pm	<b>FIT Camp</b> 1-2pm	<b>FIT Camp</b> 1-2pm
<b>FIT Camp</b> Profile/422 Cardio 1-2pm	<b>FIT Camp</b> Profile/422 Yoga/Strength 1-2pm	<b>FIT Camp</b> Profile/422 Cardio 1-2pm	<b>FIT Camp</b> Profile/422 Yoga/Strength 1-2pm	
	<b>Prenatal Cardiolates</b> 4-5pm Nikki @ HAWC		<b>Prenatal Cardiolates</b> 4-5pm Nikki @ HAWC	
<b>Cycling</b> 5-6pm Jim	<b>Step/Abs</b> 5-6pm Tammy	<b>Cycling</b> 5-6pm Tammy	<b>Total Body Sculpt</b> 5-6pm Tammy	
<b>Body Core/ Run-Walk</b> 5:30-6:30pm Nikki		<b>Body Core/ Run-Walk</b> 5:30-6:30pm Nikki		
<b>Turbo Kick</b> 6-7pm Aretha	<b>Cycling</b> 6-7pm Tony	<b>Turbo Kick</b> 6-7pm Aretha	<b>Power Fit Sculpt</b> 6-7pm Aretha	

**\* Active Duty MUST be in PT gear & have your 1975 if you are participating for Fit Camp.**