



FREE GROUP FITNESS

Duane G. Wolfe Fitness Center & Annex
 (805) 606-3832 | Bldg 10130 & 9005 on Washington Ave

(During Annex construction all classes will be held at the Racquetball Courts behind the Annex)

November 2024

No class: Nov 8th, 11th, 28th & 29th

Times	Mon	Tues	Wed	Thu	Fri	Sat
0600-0700	Power Cycle FIP* Melinda		Power Cycle FIP* Melinda			
0630-0700				HIIT Blast 30 Brisha		
0800-0900						Cycle 45 FIP* Alana
1100-1145		Butts & Guts Karissa		NEW! Butts & Guts Karissa		
1130-1200			Ab Attack 20 Brisha			
1200-1245	Cardio Strength 45 FIP* Brisha	Cardio Circuit 45 Karissa	Cardio Strength 45 FIP* Brisha			
1700-1800	Cycle 45 FIP* Tiffany D.	Cycle 45 FIP* Jessica		Cycle 45 FIP* Jessica		
1615-1715				NEW INSTRUCTOR! Bootcamp Jenn		
1700-1800			Yoga Elizabeth			

CLASS DESCRIPTIONS

***All classes are free unless otherwise noted**

Ab Attack 20. Exercising muscles around the core, provides the vital ingredient for a stronger body. A strong core will help you move better, improve your balance and stability, reduce your risk of injury, increase your power output, and improve your athletic performance! By focusing on your abdominal muscles, hips, glutes and back, this focused 20-minute class is a must for any cyclist, runner, or fitness enthusiast needing to strengthen the stabilizer muscles.

Butts & Guts — A 45-minute class dedicated to toning of your abs and glutes with targeted movements and cardio. Classes will focus on core strengthening to build muscles .

Bootcamp 45 —A 45-minute moderate-high intensity cardio workout that includes a mix of aerobic, strength training and speed elements within each class session. Bootcamp is a total body conditioning class that builds on strength and endurance. Weather permitting this class meets outback on the turf of the Annex. ***FIP**

Cardio Strength 45—A rigorous 45-minute 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. ***FIP**

Cardio Circuit 45 — A 45-minute cardio conditioning class that combines high intensity aerobic and resistance training. This class is designed to be easy to follow, giving you a great workout, targeting fat loss, muscle building and heart lung fitness.

Cycle 45—A classic and dynamic 45-minute ride using interval zone training to burn calories and condition the heart! Short, sweet and sweaty...let's ride! ***FIP**

HIIT Blast 30 — A 30-minute high-intensity interval workout focusing on full body strength with cardio bursts!

Power Cycle—A high energy cycling class that's fun, energetic, and a great cardio workout. 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 that uses a mixture of endurance and interval drills to optimize fat burn and muscle toning. ***FIP**

Yoga — This class connects your body and breath with synchronized movements that leave you feeling centered, grounded and relaxed.

***FIP (Fitness Improvement Program):** Designed for those who do not meet the Air Force fitness, strength and/or weight/body fat standards. Active Duty members have priority.

Kendo—The traditional Japanese art of sword fighting or “fencing”, involving the use of a bamboo or composite “sword”, and protective gear/armor. Class consists of stretching and warm-ups, footwork and striking drills. Once fundamentals have been learned, students progress to structured paired exercises and eventually sparring with armor. **Saturdays 10:30-11:30**

Group Fitness Classes:
**Fitness Annex Grp Ex
Room, Bldg. 9005**

Cycling Classes:
**Fitness Annex Cycling
Room, Bldg. 9005**

Kendo Classes
**Fitness Center
Basketball Court, Bldg. 10130**