



FREE GROUP FITNESS

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

April

Time	Mon	Tues	Wed	Thu	Fri	Sat
0530-0615			Tactical Terrain Cycle FRP* - Tiffany			
0700-0745		Rapid Ready HIIT Brisha				
0800-0845						Tactical Terrain Cycle FRP* Tiffany
0900-0945			Barre Stephanie	*NEW* Dance Fit Ada	Barre Stephanie	
1200-1245	Combat Conditioning FRP* Brisha		Combat Conditioning FRP* - Brisha	Tactical Terrain Cycle FRP*Marissa		
1500-1600		Bootcamp Circuit -Ada				
1700-1745	Iron Ops FRP* - Jenn	Tactical Terrain Cycle FRP* Jessica		Tactical Terrain Cycle FRP* Jessica		
1800-1900			Tactical Fitness Lizzy	Warrior Flow Yoga Caleb		

CLASS DESCRIPTIONS

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

Combat Conditioning—This military-focused version of Cardio Strength, combining heart-pumping drills with full-body resistance training. You'll move through circuits that blend speed, power, and endurance—just like the demands of a real mission. It builds the kind of strength that holds up under pressure. ***FRP**

Barre—This class is low impact, high results. Barre focuses on small, controlled movements aimed to strengthen your entire body with high reps and isometric holds. Barre will challenge your balance, using light weights, resistance bands, and your own body weight, you'll build endurance, improve posture, and increase flexibility.

Iron Ops —A 45-minute high-intensity group fitness class built around military-style strength and conditioning. You'll rotate through stations using weights, bodyweight drills, and team challenges designed to build power and grit. This class pushes mental toughness just as much as physical endurance. ***FRP**

Rapid Ready 45 — A 45-minute fast-paced class built for military readiness. It combines high-intensity intervals with functional movements to improve strength, speed, and endurance. Designed for all levels, it keeps you sharp and mission-ready in minimal time.

Tactical Terrian— A 45-minute military-inspired cycling class that simulates mission-based rides through changing conditions. You'll face hills, sprints, and endurance pushes that mirror real-world battlefield movement. This ride builds lower body power, stamina, and mental grit. ***FRP**

Warrior Yoga — This is a low--moderate intensity yoga class designed to help you recover, reset, and recharge. It focuses on deep stretching, breath control, and joint mobility to relieve stress and restore readiness. Ideal after intense training or long duty days.

Tactical Fitness—Our high- energy fitness class that combines military-inspired training methods with functional movement patterns to offer a total-body workout that builds strength, endurance, and mental toughness. This class is challenging, yet scalable and is designed for all fitness levels and focuses on practical exercises that improve your everyday performance.



Bootcamp Circuit—A high energy focused circuit class tailored to strength and conditioning in preparation for pt test requirements.

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

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

Cycling Classes
Racquetball Courts
(Behind the Fitness Annex
Grp Ex Bldg.)

