VANDENBERG SPACE FORCE BASE
FORCE
SUPPORT SQUADRON

FREE GROUP FITNESS

Duane G. Wolfe Fitness Center & Annex

(805) 606-3832 | Bldg 10130 & 9005 on Washington Ave.

November

No Class Nov 11, 26, 27 & 28

Time	Mon	Tues	Wed	Thu	Fri	Sat
0600-0645			Tactical Terrain Cycle **FRP* - Tiffany**			
0800-0845						Tactical Terrain Cycle **FRP* Tiffany**
0900-0945	Tactical Terrain Cycle **FRP* Jessica**		Barre **Stephanie**		Barre **Stephanie**	
1200-1245	Warrior Flow Yoga **Courtney**		Warrior Flow Yoga **Courtney**	Tactical Terrain Cycle **FRP*Marissa**	Warrior Flow Yoga **Courtney**	
1700-1745		Tactical Terrain Cycle **FRP* Jessica**		Tactical Terrain Cycle **FRP* Jessica**		
1800-1900	Dance Fit **Julia**	Dance Fit **Julia**	Tactical Fitness **FRP*-Lizzy**			
1900-2000		Dance Fit **Julia**				

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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.

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**

Dance Fit - You'll have so much fun you won't even know you're working out. Dance Fit is an all levels welcome high energy class. Get your cardio in through dance.

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.

DEPARTMENT OF THE AIR FORCE
FITNESS & SPORTS

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.

***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.

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

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