

# FREE GROUP FITNESS

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

## FEBRUARY 2023

(No Classes on February 17 & 20)

Times	Mon	Tues	Wed	Thu	Fri	Sat
<b>0600-0700</b>	Power Cycle FIP* Melinda		Power Cycle FIP* Melinda			
<b>0830-0930</b>						Cycle 45 FIP* Jessica
<b>0915-1015</b>						Bootcamp FIP* CaSandra
<b>1130-1200</b>			<b>*NEW*</b> Ab Attack 20 Brisha		<b>*NEW*</b> Ab Attack 20 Brisha	KENDO CLASS 10:30-11:30 Main Fitness Center
<b>1200-1300</b>	Cardio Strength 45 FIP* Brisha	<b>*NEW*</b> Butts & Guts CaSandra	Cardio Strength 45 FIP* Brisha		Cardio Strength 45 FIP* Brisha	
<b>1630-1730</b>		LYT Yoga Catherine			<b>*NEW*</b> Realign & Stabilize CaSandra	
<b>1700-1800</b>		Cycle 45 FIP* Jessica		Cycle 45 FIP* Jessica		
<b>1800-1900</b>				Deep Stretch CaSandra		

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

Cycling Classes:  
 Fitness Annex Cycling Room, Bldg. 9005

# CLASS DESCRIPTIONS

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

**Ab Attack.** 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.

**Bootcamp**—A 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. **\*FIP**

**Butts & Guts**—Let's target and tone! Shape, sculpt and strengthen your legs, glutes and core with this high-impact workout. This class includes body-weight and hand weight exercises in addition to some cardio to help work your quads and hamstrings, tighten that booty and strengthen your core.

**Cardio Strength**—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**

**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**

**Deep Stretch** — A class for all levels with the intention of allowing muscles to relax and lengthen. Focused predominately on stretching and releasing tight muscles and tendons, Deep Stretch takes strain off of the skeletal system.

**LYT Yoga**— The LYT Yoga® Method, created by licensed physical therapist, uses targeted movement sequences to help everyone from novices to weekend warriors to Olympians and professional athletes retrain habitual movement patterns and postural imbalances to feel stronger, more energized and more balanced both on and off the mat.

**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**

**Realign & Stabilize** — In this class you will learn how to incorporate good posture and body alignment into your daily life. Strengthening, stretching and stabilizing exercises will be performed which will also improve your overall posture and improve balance and flexibility.

**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**

**[Fitness Center Martial Arts—Bldg 11175](#)**

**\*FIP (Fitness Improvement Program):** Designed for those who do not meet the Air Force fitness,

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**

