



# 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)

## January 2024

No class: Jan 1st, 2nd, 17th, 20th

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

# CLASS DESCRIPTIONS

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**\*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.

**Cyclepath** — Prepare to push your limits in this intense spin class where cycling meets high-energy choreography. This isn't your average ride – get ready for heart-pounding sprints, steep climbs, and explosive intervals, all while mastering intricate choreography that will test your coordination and endurance. Whether experienced or up to taking your fitness to the next level, you will be guided through a brutal yet exhilarating workout that leaves no muscle untouched. If you are ready to sweat, burn, and crush your goals, this class is for you! **\*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**

**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**

**R&B Yoga** — This unique class combines the practice of yoga with the smooth sounds of R&B music to create a truly uplifting experience.

**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.](#)

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**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**