

# Fitness Centers

## FITNESS CLASSES

AIR BASE • 963-3347

**DANCE FITNESS** - Monday & Wednesday, 4:30 p.m.; Monday & Thursday, 12 p.m.; Tuesday & Wednesday, 12 p.m.; Saturday, 11 a.m.

**YOGA** - Monday, 5:45 p.m.; Wednesday, 5:45 p.m.; Friday, 4:30 p.m.; Saturday, 9:30 a.m.

**MARTIAL ARTS** - (Karate) Monday, Wednesday & Thursday, 7 p.m.; Friday, 6:30 p.m.

**INDOOR CYCLING** - Monday, Wednesday & Friday, 11:30 a.m.; Monday & Wednesday, 4 p.m.; Tuesday & Thursday, 9 a.m.; Thursday, 4:30 p.m. - Hip Hop Spin; Friday, 6 a.m.

**MIX IT UP!** Tuesday, 4 p.m. - Cardio Mix; Thursday, 6 p.m. - Running Performance

All classes, unless otherwise indicated, are free.

**24-HOUR ACCESS** - Patrons with a valid CAC can register at the Center for 24-hour access. Individuals using the facility after-hours who are not registered or who have not swiped their card upon entry could lose all Fitness Center privileges.

WEAPONS STATION • 794-4173

**DANCE FITNESS** - Wednesday, 5:30 p.m.; Saturday - 12:30 p.m.

**YOGA** - Monday, Sunrise Yoga, 9:30 a.m.; Monday, Faith Yoga, 4 p.m.

**MARTIAL ARTS** - (Judo/Jujitsu) Monday, Wednesday & Friday - 7 p.m.; 1st & 3rd Saturday of the month - Street Survival Jujitsu, 9 a.m.; 2nd, 4th & 5th Saturday of the month, Jujitsu - 9 a.m.

**FLEET ENHANCEMENT PROGRAM** - (Active duty only) Monday & Wednesday, 4:30 p.m.

**MORE GREAT WORKOUTS!** - Tuesday - Warrior Fit, 6 a.m.; Tuesday, Thursday & Friday - Mommy & Me Strength-Conditioning, 9 a.m.; Tuesday & Thursday, Strength & Conditioning, 5:30 p.m.; Thursday - HIIT, 5:30 a.m.; 1st and 3rd Saturday, Strength & Conditioning, 9 a.m. & Foam Rolling, 10 a.m., 1st and 3rd Saturday.

Unless otherwise indicated, Weapons Station classes are held at Bldg. 725 in the Menriv Mall area. Classes are free.



## St. Patrick's Day 5k Run & Walk

March 16 - 7:30 a.m.

Air Base Fitness Center

Free event • Everyone welcome

- Prizes for 1st finishing male and female
- No pre-registration • Get your green on and run with us!