

FREE Group Fitness Classes at Dragon Fitness Center

FEBRUARY SCHEDULE

Year of the Air Force
Family



Monday	Tuesday	Wednesday	Thursday	Friday
**FITNESS IMPROVEMENT PROGRAM (FIP)				
1 0630-0730 Boot Camp-Michelle ** 1100-1200 Yoga-Patsy 1100-1200 Cycling-Stacy** 1200-1300 Taekwondo-Joe** 1700-1800 Step-BJ**	2 0630-0730 Kick Boxing-Carmen** 1200-1300 Pilates-BJ** 1700-1800 Circuit Training-Angalique** 1800-1830 Core Fitness-Angalique**	3 0630-0730 Boot Camp-Michelle** 1100-1200 Yoga-Patsy 1100-1200 Cycling-Stacy** 1700-1800 Step-BJ**	4 0630-0730 Kick Boxing-Carmen** 1100-1200 Step-BJ** 1200-1300 Pilates-BJ** 1700-1800 Circuit Training-Michelle** 1815-1915 Cycling-Michelle**	5 No Classes
8 0630-0730 Boot Camp-Michelle** 1100-1200 Yoga-Patsy 1100-1200 Cycling-Stacy** 1200-1300 Taekwondo-Joe** 1700-1800 Step-BJ**	9 0630-0730 Kick Boxing-Carmen** 1200-1300 Pilates-BJ** 1700-1800 Circuit Training-Angalique** 1800-1830 Core Fitness-Angalique**	10 0630-0730 Boot Camp-Michelle** 1100-1200 Yoga-Patsy 1100-1200 Cycling-Stacy** 1700-1800 Step-BJ**	11 0630-0730 Kick Boxing-Carmen** 1100-1200 Step-BJ** 1200-1300 Pilates-BJ** 1700-1800 Circuit Training-Michelle** 1815-1915 Cycling-Michelle**	12 No Classes
15 No Classes Presidents Day - Holiday	16 0630-0730 Kick Boxing-Carmen** 1200-1300 Pilates-BJ** 1700-1800 Circuit Training-Angalique** 1800-1830 Core Fitness-Angalique**	17 0630-0730 Boot Camp-Michelle** 1100-1200 Yoga-Patsy 1100-1200 Cycling-Stacy** 1700-1800 Step-BJ **	18 0630-0730 Kick Boxing-Carmen** 1100-1200 Step-BJ** 1200-1300 Pilates-BJ** 1700-1800 Circuit Training-Michelle** 1815-1915 Cycling-Michelle**	19 No Classes
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Classes meet in the aerobics studio, unless otherwise specified.

Subject to change without notice.

CLASS DESCRIPTIONS

Boot Camp — (FIP) Early morning intermediate/advanced class designed to improve both cardio and strength conditioning. Perfect class for starting your day off on the right foot!

Circuit Training — (FIP) Class for improving overall cardiovascular endurance, as well as strength training for all major muscle groups to improve overall strength.

Core Fitness — (FIP) Target and challenge the abdominals, back and hips in this 25-minute class. Build core strength to improve posture and ward off low back pain.

Cycling — (FIP) This high energy bike class is designed to improve overall cardiovascular endurance and conditioning.

Kick Boxing — (FIP) An intermediate class which incorporates basic karate kicks and blocks designed to improve overall cardiovascular conditioning and endurance.

Pilates — This mind/body class incorporates a method of exercise and physical movements designed to stretch, strengthen and balance the body. This class concentrates on a systematic practice of specific exercises coupled with focused breathing patterns which improves overall core strength and balance.

Step Aerobics — (FIP) Basic cardiovascular step class to serve all skill and conditioning levels.

Taekwondo — (FIP) Grand Master 8th Degree Instructor teaches this ancient martial arts class that promotes advanced self-defense, physical fitness, healthy living and stress relief.

Yoga — This mind/body class incorporates basic Hatha Yoga breathing techniques, balance and core exercises and relaxation exercises designed for improving one's overall quality of life. This class is a great stress reliever.