

NWS YORKTOWN & CHEATHAM ANNEX

GROUP FITNESS CLASS SCHEDULE



Cheatham Annex 887-7453

Monday

Noon to 1 p.m. -
Cardio Kickbox/Core Training

**Tuesday &
Thursdays**

Noon to 1 p.m. - Interval Training
3 to 3:45 p.m. - Yoga/Pilates

Wednesday

Noon to 1 p.m. - Circuit Training

NWS Yorktown 847-7828

Monday

11 a.m. to noon - Total Body Conditioning
5 to 6 p.m. - TRX Body Sculpting

Tuesday

11 a.m. to noon - Interval Training
5 to 6 p.m. - Cardio Dance/Step

Wednesday

11 a.m. to noon -
Total Body Conditioning/TRX
5 to 6 p.m. - Cardio Kickbox/ Step

Thursday

11 a.m. to noon - Interval Training
5 to 6 p.m. - Zumba

Friday

11 a.m. to noon -
Total Body Conditioning/TRX

Saturday

9:30 to 10:30 a.m. - TRX Training

GROUP FITNESS

CLASS DESCRIPTIONS

Cardio Dance

This class is a choreography of dance steps that includes high aerobic moves set to hip hop and dance style music.

Cardio Kickbox

Punch and kick your way to a slimmer you. This class is designed to burn fat while toning the entire body.

Cardio Step

For those of you wanting a lower body workout, this class is for you. During the class, you will engage in both high and low athletic style step movements for an excellent lower body workout!

Circuit Training

This class has different upper and lower body weight training stations with one minute of cardio between each station.

Interval Training

This class encompasses cardio, strength and flexibility.

Kickbox/Core Training

This class consists of quick punches and kicks focusing on the core muscles.

Yoga/Pilates

This class focuses on flexibility and relaxation.

TRX Body Sculpting

This class teaches you to use your own body weight to develop a stronger core.

Total Body Conditioning

This is an innovative class that focuses on strength training core and muscle toning. It is low impact using body bars, weights, exercise bands and sessions of cardio to burn fat.

Zumba

This dance class includes different types of dance steps from latin to disco.

