

NWS YORKTOWN & CHEATHAM ANNEX

GROUP FITNESS CLASS SCHEDULE



EXERCISE YOUR OPTIONS



FREE!

Cheatham Annex 887-7453

Monday & Friday

Noon to 1 p.m. -
Total Body Conditioning

Wednesday

11:30 a.m. to 12:30 p.m. -
Total Body Conditioning

NWS Yorktown 847-7828

Monday

11 a.m. to noon - Bootcamp
5 to 6 p.m. - Cardio Kickbox

Tuesday

11 a.m. to noon -
Total Body Conditioning
5 to 6 p.m. - Cardio Dance

Wednesday

11 a.m. to noon - Bootcamp
5 to 6 p.m. - Cardio Step

Thursday

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

Friday

11 a.m. to noon - Bootcamp

Saturday

9:30 to 10:30 a.m. -
Total Body Conditioning

GROUP FITNESS

C L A S S D E S C R I P T I O N S

Cardio Kickbox

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

Cardio Dance

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

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!

Bootcamp

Jump out of that plateau! This class is designed to trick the body into muscle confusion. The class focuses on endurance, strength and core muscle improvement.

Zumba

Zumba fuses a blend of Latin rhythms and easy to follow moves to create a one-of-a-kind workout. The class will get you hooked and will inspire you to work out. Zumba is an action-packed hour of calorie burning, body energizing and awe-inspiring movement meant to engage and captivate you for life.

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.

