

Dam Neck Annex MWR Fitness March Group Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
NOTE: Command PTs may be scheduled with an Instructor on Monday and Friday for morning PT sessions. Thanks!				
3	4	5	6	7
Zumba 1130 Spin Cycling 1130 Iron Clad 1500	CycleMix 1130 Spin Cycling 1630 Maverick Mayhem 1700	Strong Nation 0700 Total Body Circuit 1130 Iron Clad 1500	CycleMix 0700 Zumba 1130 Maverick Mayhem 1700	Regeneration 1130
10	11	12	13	14
Zumba 1130 Iron Clad 1500	CycleMix 1130 Maverick Circuit 1700	Strong Nation 0700 Total Body Circuit 1130 Spin Cycling 1130 Iron Clad 1500	No Classes Due to Shamrock 5K Fun Run	Regeneration 1130
17	18	19	20	21
Zumba 1130 Spin Cycling 1130 Iron Clad 1500	CycleMix 1130 Spin Cycling 1630 Maverick Mayhem 1700	Strong Nation 0700 Total Body Circuit 1130 Spin Cycling 1130 Iron Clad 1500	CycleMix 0700 Zumba 1130 Spin Cycling 1630 Maverick Mayhem 1700	Regeneration 1130
24	25	26	27	28
Zumba 1130 Spin Cycling 1130 Iron Clad 1500	CycleMix 1130 Spin Cycling 1630 Maverick Mayhem 1700	Strong Nation 0700 Total Body Circuit 1130 Spin Cycling 1130 Iron Clad 1500	CycleMix 0700 Zumba 1130 Spin Cycling 1630 Maverick Mayhem 1700	Regeneration 1130

NOTE: Classes are 1 hour (60 min)



Color Code Key Purple = Morning Green = Lunch Light Blue = Evening Blue = Information
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Class Descriptions

Spin Cycling (*Instructor: Debbie*)

A 60 min class designed to improve overall health, performance, and muscular endurance.

Iron Clad (*Instructor: Josiah*)

Strength 101: Covers lifting mechanics and progressions to increase strength, performance, and power while improving muscle mass.

Maverick Mayhem (*Instructor: Josiah*)

A circuit style workout at the CONEX Box (weather permitting) designed to increase all around strength and cardio (or functional fitness) while melting away body fat. This class also incorporate team building skills.

Total Body Circuit (*Instructor: Heidi*)

A fun, up-tempo circuit that addresses the entire body using various equipment.

Zumba (*Instructor: Heidi*)

An energetic dance fitness party that combines cardio, muscle conditioning, and balance with a serious dose of awesome every class.

CycleMix (*Instructor: Heidi*)

Cycling that incorporates interval rotations off the bike to music that keeps you moving and motivated, while burning fat and improving cardio endurance.

Strong Nation (*Instructor: Heidi*)

Combines body weight, muscle conditioning, cardio, and plyometric training moves synced to original music that has been specifically designed to match every single move.

Regeneration (*Instructor: Heidi*)

Foam rolling, trigger point work, stretching with strap, and mobility activities to release that weekly tension.