

GROUP EXERCISE SCHEDULE

CLASS TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	COMMAND PT IS AVAILABLE M-F (by appointment) 0600-0800					
6:00 AM		GLUTES & GUNS 0600-0645	CYCLING 0600-0645	TRX & MORE 0600-0645		
6:30 AM						
7:00 AM	STEP 0700-0800		STEP 0700-0800		CYCLING 0700-0800	
7:30 AM						
8:00 AM						
8:30 AM		FIT & MOBILE 0830-0930		FIT & MOBILE 0830-0930		
9:00 AM						STEP 0900-1000
9:30 AM						
10:00 AM					FAMILY FITNESS 1000-1100	
10:30 AM						
11:00 AM						
11:30 AM	TRX & MORE 1130-1230	HIIT 1130-1230	CYCLING 1130-1230	HIIT 1130-1230	ZUMBA 1130-1230	
12:00 PM						
4:00 PM						
4:30 PM	STEP 1630-1730	YOGA 1630-1730	STEP 1630-1730			
5:00 PM						
5:30 PM	BURNIN' RUBBER (at Multi-Purpose Field) 1730-1830		BURNIN' RUBBER (at Multi-Purpose Field) 1730-1830			
6:00 PM						



CLASS DESCRIPTIONS

BURNIN' RUBBER

There will be high speed sprints, sled pulls, box jumps, cone drills, reaction speed drills, and more. Push yourself to heights you never knew you could reach and enjoy the benefits of training like a performance athlete.

COMMAND PT

Command PT is a great way for Command Fitness Leaders (CFLs) to supplement their mandatory command training. Command PT sessions can only be reserved by active duty CFLs by calling 901-874-5497.

CYCLING

A vigorous indoor cycling workout that will boost your fitness level with non-impact cardio workout through hill climbs, flat terrains, jumps, and sprints. Interval training at its finest. please arrive 10 minutes early for set up.

FAMILY FITNESS

Jumpstart your day with some functional fitness. Workouts vary each week and are designed for parents and caregivers with babies and toddlers. Be sure to bring your strollers!

FIT & MOBILE

Series of exercises designed to build strength, coordination, balance, and aerobic conditioning. Followed by a post-workout stretch. Class is suitable for all ages and skill levels.

GLUTES & GUNS

Want to work both your glutes and guns? You can do it all in one workout. Targeting both areas at once makes the most of your time & ensures that you get a full body workout.

HIIT IT

Short duration, maximum results. These high-intensity workouts will improve your strength and endurance.

STEP

This blast-from-the-past class will have you feeling the burn in no time.

TRX & MORE

TRX® is a type of functional training that uses your own body weight and gravity to build strength, power, balance, coordination, flexibility, core and joint stability. Limited to 16 participants on a first come, first serve basis. Beginners, please arrive 10 minutes early for set up and safety brief.

YOGA

The go-to Mind/Body class. Improve flexibility, range-of-motion, and overall Zen mindset

ZUMBA

Zumba® is designed to bring people together to sweat it on. We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

