

# Fitness Schedule

## Tinker AFB

DAY	CLASS	INSTRUCTOR	TIME AND LOCATION	
MONDAY	Total Body Shred	Traci	1530-1615	3705 Gym
	Zumba	Arlene	1600	Gerrity Gym
	Spin	Traci	1630-1715	3705 Gym
TUESDAY	Zumba <i>*new*</i>	Arlene	1600	Gerrity Gym
WEDNESDAY	Core N More	Traci	1530-1615	3705 Gym
	Zumba	Arlene	1600	Gerrity Gym
	Cardio Sculpt	Traci	1630-1715	3705 Gym
THURSDAY	Zumba <i>*new*</i>	Arlene	1600	Gerrity Gym
FRIDAY	Zumba	Arlene	1600	Gerrity Gym
SATURDAY	Yoga	Traci	0830- 0915	216/Annex Gym
	Boot Camp	Traci	0930-1030	216/Annex Gym
SUNDAY				



**Total Body Shred**: A head to toe strength training class to increase your overall strength and body tone.

**Spin**: This is 45-minute ride full of fun and awesome beats.

**Core N More**: Build a strong core while increasing long lean muscle strength and flexibility.

**Yoga**: This class ties yoga postures together with the breath and movement, into flowing combination of strength, flexibility and balance.

**Zumba**: Join the party! This 60-minute class is a blend of Latin and international rhythm that provides a fun and effective workout.

**Boot Camp**: Conditioning that includes endurance, strength and high intensity training for maximum calorie burn.

**CLASSES ARE FREE! OPEN TO ALL WITH BASE ACCESS**

