




LACKLAND AFB **February 2010**
AEROBICS
 CLASS SCHEDULE

Only \$2 per class & FREE to Active Duty Members in the Fitness Improvement Program!
 Ask your instructor(s) to sign your AF 1975 form to have the fee waived.
 Purchase an Aerobic pass valid for multiple classes.
 Pass must be presented at front desk before start of sessions.
 See Fitness Staff for details.

Visit lacklandservices.com for the latest class schedule.

*See instructor for pricing
 ** With personal assistance
 FMF - Family Friendly

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|---|--|--|---|
| Warhawk Fitness Center, Bldg 2418, Truemper St., Lackland, 671-2016/2751 | | | | | |
| 0615 Spin with Larry 1100 P90X Class** FREE | 0615 Spinning/Conditioning Class FREE (FIP approved) 1100 P90X Class** FREE (FIP approved) 1230 Working out w/your kids Safety Class** FREE 1600 Latin Beat Circuit Workout FREE 1830 Tae Kwon Do* | 0615 Spin with Larry 1100 P90X Class** FREE (FIP approved) 1730 Combat Hapkido* 1930 Working out w/your kids Safety Class** FREE | 1100 P90X Class** FREE (FIP approved) 1600 Latin Beat Circuit Workout FREE 1830 Tae Kwon Do* | 1100 P90X Class** FREE 1830 Working out w/your kids Safety Class** FREE 1915 Spouses Deployment Conditioning Class FREE | 0930 Kick Boxing |
| Medina Fitness Center, Bldg 199, 1115 Medina Base Road, Lackland Training Annex, 671-4477 | | | | | |
| 0600 Spinning FREE 1330 Working out w/your kids Safety Class** FREE 1500 Churn & Burn Circuit FREE (FIP approved) 1630 Muscle Tone 1730 Hard Core | 1500 Churn & Burn Circuit FREE (FIP approved) 1730 Core it up FREE 1900 Zumba | 1330 Working out w/your kids Safety Class** FREE 1500 Churn & Burn Circuit FREE (FIP approved) | 1130 Beginners Yoga FREE 1730 Core it Up FREE 1900 Zumba | |  |
| Gillum Fitness Center, Bldg 2086, Kirknewton, Security Hill, 977-2354/2353 | | | | | |
| 1130 Total Body Toning Class FREE (FIP approved) 1700 Step Extra | 1700 Step Extra 1800 Novice MMA Conditioning FREE (FIP approved) | 1130 Total Body Toning Class FREE (FIP approved) 1700 Step Extra | 1700 Step Extra 1800 Novice MMA Conditioning FREE (FIP approved) | 1130 Total Body Toning Class FREE (FIP approved) |  |
| Bennett Fitness Center, Bldg 1788, 120 Tinker Ave., Kelly USA, 925-4848 | | | | | |
| 1100 P90X FREE | 1100 P90X FREE | 1100 P90X FREE | 1100 P90X FREE | 1100 P90X FREE | |
| Gateway Fitness Center, Bldg 10330, Meivoher Dr., Lackland, 671-1348/2565 | | | | | |
| 1200 Fabulous Circuit Extravaganza FREE (FIP approved) | 1530 50/50 Class FREE | 1200 Fabulous Circuit Extravaganza FREE (FIP approved) | 1530 50/50 Class FREE | 1200 Fabulous Circuit Extravaganza FREE (FIP approved) |  |
| Chaparral Fitness Center, Bldg 7346, Craw Ave., Lackland, 671-2401/2361 | | | | | |
| 1630 Judo 1800 Trad. Hapkido FREE | 1630 Jiu Jitsu | 1630 Judo | 1530 Beginners Yoga FREE 1630 Jiu Jitsu | | Classes and times subject to change without notice. |