

Lackland AFB March 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.

Visit lacklandservices.com for the latest class schedule.

*See instructor for pricing

** With personal assistance

FMF - Family Friendly

See Fitness Staff for details.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		
Warhawk Fitness Center, Bldg 2418, Truemper St., Lackland, 671-2016/2751												
1100	P90X Class** FREE	0615	Spin with Larry	1100	P90X Class** FREE (FIP approved)	0615	Spin with Larry	1100	P90X Class** FREE (FIP approved)	0930	Kick Boxing	
		1100	P90X Class** FREE (FIP approved)	1630	Latin Beat Circuit	1100	P90X Class** FREE (FIP approved)	1830	Working out w/your kids	1030	Jeet Kune Do (Self Defense Class)	
		1230	Working out w/your kids Safety Class** FREE (by appointment only)	1730	Combat Hapkido*	1600	Latin Beat Circuit		Safety Class** FREE (by appointment only)			
		1600	Latin Beat Circuit Workout FREE	1930	Working out w/your kids Safety Class** FREE (by appointment only)	1830	Workout FREE	1915	Spouses Deployment Conditioning Class FREE (by appointment only)			
		1830	Tae Kwon Do*			1830	Tae Kwon Do*					
Medina Fitness Center, Bldg 199, 1115 Medina Base Road, Lackland Training Annex, 671-4477												
0600	Spinning FREE	1500	Churn & Burn Circuit FREE (FIP approved)	1330	Working out w/your kids Safety Class** FREE	1130	Beginners Yoga FREE					
1330	Working out w/your kids Safety Class** FREE	1730	Core it up FREE	1500	Churn & Burn Circuit FREE (FIP approved)	1730	Core it Up FREE					
1500	Churn & Burn Circuit FREE (FIP approved)	1900	Zumba			1900	Zumba					
Gillum Fitness Center, Bldg 2086, Kirknewton, Security Hill, 977-2354/2353												
1130	Total Body Toning Class FREE (FIP approved)	1700	Step Extra	1130	Total Body Toning Class FREE (FIP approved)	1700	Step Extra	1130	Total Body Toning Class FREE (FIP approved)			
1700	Step Extra	1800	Novice MMA Conditioning FREE (FIP approved)	1700	Step Extra	1800	Novice MMA Conditioning 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	1130	Lunch Crunch FREE	1200	Fabulous Circuit	1130	Lunch Crunch FREE	1200	Fabulous Circuit			
Extravaganza FREE (FIP approved)	1500	50/50 Class FREE	1500	50/50 Class FREE	1500	50/50 Class FREE	1500	50/50 Class FREE	1500	50/50 Class FREE	1500	Extravaganza FREE (FIP approved)
Chaparral Fitness Center, Bldg 7346, Craw Ave., Lackland, 671-2401/2361												
1630	Judo	1630	Jiu Jitsu	1630	Judo	1530	Beginners Yoga FREE				1200	Mixed Martial Arts
1800	Trad. Hapkido FREE					1630	Jiu Jitsu					



Classes and times subject to change without notice.