

# FITNESS

## ON REQUEST

FREE

*A new concept of allowing you to have control of your group exercise class.*



*The Fitness on Request will have scheduled show times for the different classes.*



*Units/Military members may use these show times for P.T.*

Check us out at  
[www.myjbsa-fss-mwr.com](http://www.myjbsa-fss-mwr.com)



**For more information  
call 652-7263.**



**FITNESS ON REQUEST**

# SHOW TIMES

**In Room 128**

## **MONDAY**

6 a.m. • Kinetics  
7 a.m. • AFPC Workout  
3:15 p.m. • Kinetics

## **TUESDAY**

6 a.m. • Step\*  
7 a.m. • AFPC Workout  
3:15 p.m. • TKO- Kickboxing

## **EXTREME WEDNESDAY**

6 a.m. • Core Arms Aerobic  
7:15 a.m. • AFPC Workout  
3:15 p.m. • Core Arms Aerobic

## **THURSDAY**

6 a.m. • TKO Kickboxing  
7 a.m. • AFPC Workout  
3:15 p.m. • Fusion

## **FRIDAY**

6 a.m. • Kinetics  
7 a.m. • AFPC Workout  
3:15 p.m. • TKO Kickboxing

### **CLASS DESCRIPTION:**

**Kinetics** - Solid conditioning exercise and cardio intervals, (some hand weights involved)

**TKO-Kickboxing** - Cardio kickboxing, which combines the basic punches, strikes and kicks for an action packed workout.

**Step** - Mixed intensity floor patterns & power moves on a step.

**Fusion** - You'll experience all the benefits of yoga & Pilates.

Classes are approx 45mins long

**Maximum 35 persons per class.**

**\* Require steps, steps located in rear storage room.**

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