



MARCH 2024 GROUP FITNESS CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ALL CLASSES MEET AT WARRIOR FITNESS CENTER, BLDG 533 BASKETBALL COURT UNLESS OTHERWISE NOTED		The 0600 / 1500 classes are geared toward Airman PT readiness, but are open to EVERYONE!		1 (Meet in FFA) 0600 - FMC W/ CARBO 1500 - CARDIO & ABS SELF-PACE sign-in with WFC staff	2 0800 - KB BASICS W/ CARBO (Meet in FFA)
4 0600 - F.B.A. W/ HARRIS 1500 - MIN EQUIP + MOB SELF-PACE sign-in with WFC staff	5 0600 - CARDIO & ABS W/ NAKAMOTO 1500 - H.I.W.T. W/ MOSLEY	6 0600 - BODYWEIGHT W/ SMITH 1500 - S.S. CARDIO W/ OLMOS	7 0600 - S.S. CARDIO W/ SOUTHCHECK 1500 - F.B.A. W/ TANKERSLEY	8 0600 - H.I.W.T. W/ MONIQUE 1500 - BODYWEIGHT SELF-PACE sign-in with WFC staff	0800 - KB BASICS W/ CARBO (Meet in FFA)
11 0600 - BODYWEIGHT W/ HARRIS 1500 - CARDIO & ABS SELF-PACE sign-in with WFC staff	12 0600 - H.I.W.T. W/ NAKAMOTO 1500 - MIN EQUIP + MOB W/ MOSLEY	13 0600 - S.S. CARDIO W/ SMITH 1500 - F.B.A. W/ OLMOS	14 0600 - F.B.A. W/ MONIQUE 1500 - H.I.W.T. W/ TANKERSLEY	15 (Meet in FFA) 0600 - FMC W/ CARBO 1500 - CARDIO & ABS SELF-PACE sign-in with WFC staff	
18 0600 - F.B.A. W/ HARRIS 1500 - MIN EQUIP + MOB SELF-PACE sign-in with WFC staff	19 0600 - BODYWEIGHT W/ NAKAMOTO 1500 - F.B.A. W/ MOSLEY	20 0600 - MIN EQUIP + MOB W/ SMITH 1500 - S.S. CARDIO W/ OLMOS	21 0600 - CARDIO & ABS W/ SOUTHCHECK 1500 - F.B.A. W/ TANKERSLEY	22 (Meet in FFA) 0600 - H.I.W.T. W/ MONIQUE 1500 - CARDIO & ABS SELF-PACE sign-in with WFC staff	23 0800 - KB BASICS W/ CARBO (Meet in FFA)
25 0600 - H.I.W.T. W/ HARRIS 1500 - S.S. CARDIO SELF-PACE sign-in with WFC staff	26 0600 - F.B.A. W/ NAKAMOTO 1500 - BODYWEIGHT W/ MOSLEY	27 0600 - CARDIO & ABS W/ SMITH 1500 - F.B.A. W/ OLMOS	28 0600 - H.I.W.T. W/ SOUTHCHECK 1500 - F.B.A. W/ TANKERSLEY	29 (Meet in FFA) 0600 - FMC W/ CARBO 1500 - CARDIO & ABS SELF-PACE sign-in with WFC staff	

CLASS DESCRIPTIONS and TRAINING MODALITIES:

Bodyweight

A 40-minute conditioning and total body strength workout with absolutely zero equipment. Bodyweight training utilizes body weight to create resistance for the muscles to work against gravity, emphasizing the connection between the mind and the body.

Cardio + Abs

Up to a 40-minute training session combining one or several forms of cardio and abs. Cardio training that can consist of explosive and endurance cardio options.

F.B.A. (Full Body Aesthetics)

Workouts focused on Aesthetics. Full-body workouts or a combination of a Push/Pull split. 60-minute training session focused on movements to sculpt your muscles.

FMC Concept

The process of being physically and mentally capable to perform your mission everyday, using a combination of bodyweight, kettlebells, cardio and metabolic resistance training.

H.I.W.T (High Intensity Weight Training)

Up to 40 minutes in length, includes lots of conditioning, lighter weights, higher reps and core work all mixed together. Great option for anyone looking to burn extra calories and tone up.

KB Basics

Learn proper technique for the 4 basic kettlebell movements and how to incorporate them into your strength & conditioning routines.

Minimal Equipment + Mobility

40-minute intense workouts developed around the use of minimal equipment. Partnered with mobility training to develop control, build strength and increase range of motion within your joints.

S.S. Cardio

Steady state cardio session up to 45 minutes in length, working at an intensity of 60 - 70% of your max heart rate.

WarBird CrossFit