

# Warrior FC Group Fitness Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>** 4:30PM FMC Kettlebell classes held in Hess FC, Functional Fitness Area \$40 per month</b> <b>\$5 Drop-in or \$45 Punch Pass (10 classes) for all other Warrior FC classes</b>						
4	5 4:30PM	6	7 4:30PM	8	9 4:30PM	10
11	12 9:00AM 4:30PM 5:30PM	13	14 9:00AM 4:30PM 5:30PM	15 5:30PM	16 9:00AM 4:30PM	17 8:00AM 10:00AM
18	19 9:00AM 4:30PM 5:30PM	20	21 9:00AM 4:30PM 5:30PM	22 5:30PM	23 9:00AM 4:30PM	24 8:00AM 10:00AM
25	26 9:00AM 4:30PM 5:30PM	27	28 9:00AM 4:30PM 5:30PM	29 5:30PM	30 <b>CLOSED FOR AFMC FAMILY DAY</b>	31 8:00AM 10:00AM



Get ready to dance your worries away with Zumba! Join us for exhilarating, fast-paced classes filled with current music and high-energy moves that'll have you feeling accomplished and invigorated. Zumba isn't just a workout— it's therapy for the mind, body, and soul. Say goodbye to your troubles and hello to a healthier, happier you on the dance floor!



Get stronger and increase your conditioning using kettlebell exercises like the

- Deadlift
- Swing
- Clean & Press
- Snatch

Plus, many others.....

\$40.00 per month, register at the Warrior Fitness center



DON'T JUST LISTEN TO MUSIC- BECOME THE MUSIC.

GET YOUR CARDIO AND STRENGTH TRAINING ALL IN ONE BADASS WORKOUT. POUND® IS DESIGNED FOR ALL FITNESS LEVELS AND PROVIDES AN EXHILARATING ATMOSPHERE TO LET LOOSE, TONE UP AND ROCK OUT!



WARRIOR Strength is for all levels and all types who want to sweat and feel their muscles burn!

30-minutes of HIIT with an emphasis on cardiovascular conditioning, designed for maximal caloric expenditure!

30-minutes of mobility and strength that will tighten, tone, lengthen and sculpt your muscles!



STRONG NATION™ COMBINES HIGH INTENSITY INTERVAL TRAINING WITH THE SCIENCE OF SYNCED MUSIC MOTIVATION. IN EVERY CLASS, MUSIC AND MOVES SYNC PERFECTLY TO PUSH YOU BEYOND YOUR LIMITS.



WARRIOR Rhythm is like no other with sections of HIIT, weight lifting and unconventional rebel yoga flows!

It's a roller coaster ride that will leave you breathless, feeling strong, and graceful as we move to the music.

DESIGNED FOR EVERY BODY with muscle building, heart pumping, mobility and flexibility training all in one FUN, Rhythmic experience!