

JULY 2024 GROUP FITNESS CLASSES

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
1		2		3		4		5		6	
0600 - S.S. CARDIO W/ PUGH		0600 - BODYWEIGHT W/ NAKAMOTO		0600 - H.I.W.T. W/ FLORES 1500 - S.S. CARDIO W/ JENKINS							
8		9		10		11		12		13	
0600 - S.S. CARDIO W/ PUGH		0600 - BODYWEIGHT W/ NAKAMOTO		0600 - H.I.W.T. W/ FLORES 1500 - S.S. CARDIO W/ JENKINS		1500 - F.B.A. W/ JOHNSON		0600 - H.I.W.T. W/ MONIQUE			
15		16		17		18		19		20	
0600 - BODYWEIGHT W/ PUGH		0600 - H.I.W.T. W/ NAKAMOTO		0600 - S.S. CARDIO W/ FLORES		1500 - S.S. CARDIO W/ JOHNSON		0600 - FMC W/ MONIQUE			
22		23		24		25		26		27	
0600 - S.S. CARDIO W/ PUGH		0600 - F.B.A. W/ NAKAMOTO		0600 - MIN EQUIP + MOB W/ PUGH		1500 - H.I.W.T. W/ JOHNSON		0600 - CARDIO & ABS W/ MONIQUE			
29		30		31		<p>The 0600 / 1500 classes are geared toward Airman PT readiness, but ALL are FREE and open to EVERYONE!</p>					
0600 - S.S. CARDIO W/ PUGH		0600 - F.B.A. W/ NAKAMOTO		0600 - S.S. CARDIO W/ PUGH							

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

Varied functional movements performed at high intensity, scaled to each individual's fitness level.

