

# NOVEMBER 2024 FITNESS IMPROVEMENT PROGRAM

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
<p><b>The 0600 / 1100 classes are geared toward Airman PT readiness, but are FREE and open to EVERYONE!</b></p>								<p>1</p> <p>0600 - H.I.W.T. W/ JOHNSON</p>			
4		5		6		7		8			
<p>0600 - S.S. CARDIO W/ HAAN</p>		<p>0600 - BODYWEIGHT W/ HAAN</p>		<p>0600 - CARDIO &amp; ABS W/ FLORES 1100 - S.S. CARDIO W/ MILLER</p>		<p>0600 - H.I.W.T. W/ MILLER</p>		 <p>AFMC FAMILY DAY</p>			
11		12		13		14		15			
 <p>VETERANS DAY</p>		<p>0600 - MIN EQUIP + MOCK W/ HAAN</p>		<p>0600 - S.S. CARDIO W/ FLORES 1100 - CARDIO &amp; ABS W/ MILLER</p>		<p>0600 - F.B.A. W/ MILLER 1130 Turkey Trot 5k</p> 		<p>0600 - H.I.W.T. W/ JOHNSON</p>			
18		19		20		21		22			
<p>0600 - F.B.A. W/ PUGH</p>		<p>0600 - S.S. CARDIO W/ HAAN</p>		<p>0600 - MIN EQUIP + MOB W/ FLORES 1100 - S.S. CARDIO W/ MILLER</p>		<p>0600 - H.I.W.T. W/ MILLER</p>		<p>0600 - H.I.W.T. W/ JOHNSON</p>			
25		26		27		28					
<p>0600 - MIN EQUIP + MOB W/ PUGH</p>		<p>0600 - F.B.A. W/ HAAN</p>		<p>0600 - H.I.W.T. W/ FLORES 1100 - CARDIO &amp; ABS W/ MILLER</p>		 <p>Happy Thanksgiving</p>		 <p>AFMC FAMILY DAY</p>			

## **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.

