

DECEMBER 2024 FIP

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
2		3		4		5		6		<p>ALL CLASSES MEET AT WARRIOR FITNESS CENTER, BLDG 533 BASKETBALL COURT UNLESS OTHERWISE NOTED</p>
0600 - W/ MILLER		0600 - W/ HAAN		0600 - W/ HAAN 		0600 - W/ MILLER		0600 - JOHNSON W/		
0600 - MILLER W/		0600 - W/ HAAN		 W/ HAAN		0600 - W/ MILLER		0600 - JOHNSON W/		
9		10		11		12		13		
0600 - W/ PUGH		0600 - F.B.A. W/ HAAN		0600 - S.S. CARDIO W/ HAAN 		0600 - MOCK W/MILLER		0600 - JOHNSON W/		<p>Classes are geared toward Airman readiness, but are open to <u>EVERYONE!</u></p>
0600 - F.B.A. W/PUGH		0600 - HAAN W/		 						
16		17		18		19		20		
0600 - W/ PUGH		0600 - HAAN W/								
23		24		25		26		27		
0600 - F.B.A. W/PUGH		0600 - HAAN W/								
30		31								
0600 - W/PUGH		0600 - W/ HAAN								

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.

