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SMITH FITNESS MARCH SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0545		"Follow Me" Circuit (Audie) Antonea				
0600		RPM (2) Bill	RPM (2) Bill Les Mills GRIT (1) AC	RPM (2) Bill	RPM (2) Bill	
0930	Bodypump (1) Michelle	TRX (2) Antonea	Bodypump (1) Michelle	TRX (2) Antonea	Bodypump (1) Michelle	0945 Spin (2) Jennifer
1045	Les Mills GRIT (1) Michelle	Zumba (1) Sue Spin (2) Jennifer	KettleBell (1) Jennifer	Zumba (1) Sue Spin (2) Jennifer		Zumba (1) Sue
1130	RPM (2) Cynthia 1145 Yoga (DS) Summer	Yoga (Audie) Jordan	Yoga (DS) Jordan RPM (2) Cynthia	1145 Yoga (DS) Summer	RPM (2) Cynthia	
1200	Zumba Step (1) Doris	Les Mills GRIT (1) Michelle	Zumba Step (1) Doris	Les Mills GRIT (1) Michelle		1300 RPM (2) Bill
1700	Insanity (1) Antonea RPM (2) Cynthia	Body Pump (1) Michelle 1730 Yoga (Audie) Jordan	Insanity (1) Antonea RPM (2) Cynthia	Body Pump (1) Michelle	Les Mills GRIT (1) Michelle	
1800	1815 PIYO (DS) Antonea	Extreme Cycle (2) Bill	1815 Ab Attack (2) Antonea	RPM (2) Bill		
1845	STRONG (1) Sue		STRONG (1) Sue			
1915		Zumba (1) Doris		Zumba STEP (1) Doris		

Classes in **RED** = Strength and Power **BLUE** = Cardio **PURPLE** = Flexibility/Toning **ORANGE** = HIIT

Class descriptions on back!



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LES MILLS
FOR A FITTER PLANET

CLASS DESCRIPTIONS

Body Pump: This 60 minute workout challenges all of your major muscle groups by using the best weight-room exercises such as squats, presses, lifts and curls. The key to Bodypump is the “**REP EFFECT**”, a breakthrough in fitness training focusing on high repetition with low weight loads.

TRX Combo: Suspension Training bodyweight exercises develops strength, balance, flexibility, and core stability simultaneously. Throw in the cardio bursts for the complete workout!

KettleBell: Kettlebell training will build long lean muscles, improve strength and power in the upper body, core and lower body and increase co-ordination, joint mobility and overall endurance.

Ab Attack: Hardcore abdominal work, focuses on toning and defining the abs and strengthening the back to improve posture and core strength.

GRIT: These HIIT workouts build cardiovascular fitness while improving strength, building lean muscle and maximizing calorie burn. The **30 MINUTE** cycle workout that uses high-intensity interval training to help you smash goals faster!

Extreme Cycle: 30 Minute Cardio Peak, High Intensity Interval Training that will increase your fitness level and take your cycling experience to the next level!

INSANITY: Total body workout that requires no equipment, using your own bodyweight for resistance. Exercising at this extreme intensity level will help you burn up to 1,000 calories an hour!

STRONG by Zumba: Combines bodyweight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move.. Strong by Zumba was crafted to drive the intensity in a challenging progression that provides total body workout.

Zumba Step: The revolutionary new Zumba program. Tone and strengthen legs and glutes with a gravity-defying blend of Zumba routines and step aerobics.

Zumba: A fusion of Latin and International music/dance themes that create dynamic, exciting, and based on the principle that a workout should be “FUN AND EASY TO DO”.

RPM: The Indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover the athlete within- sweat and burn to reach your endorphin high.

Spin: Challenging, fun and one of the best ways to improve cardiovascular fitness while burning lots of calories. There are other indoor cycling classes, but spinning was the first and is considered to have the best instructors with the highest knowledge and expertise.

PiYo: This class combines the music-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. Best of two great exercises.

Yoga: Beginner, intermediate, and advanced Yoga moves designed to work on strength, flexibility, and breathing. Improve performance, reduce injury, and provide faster recovery for athletes of all levels.

FEE: \$25.00/Month for unlimited classes or \$3.00 per class (Available at Front Desk). Please present Pass to Instructor prior to class. For Information on PERSONAL TRAINING or arranging UNIT PT SESSIONS, please contact us at Lori.m.Smith38.naf@mail.mil