

SMITH FITNESS NOV. SCHEDULE



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0600	RPM (2) Danetra		Les Mills GRIT (1) Antonea			
0930	Bodypump (1) Michelle	TRX (2)Antonea	Bodypump (1)Michelle	TRX (2)Antonea	Bodypump (1) Michelle	0915 Bodypump (1) 0930 Spin (2) Jennifer
1045	Body Blast (1) Lauren	Zumba (1) Sue Spin (2) Jennifer	Butts N Guts (1) Lauren	Zumba (1) Sue Spin (2) Jennifer	Step+ butts/guts (1) Lauren	1000 **Yoga (DS) 3th/17th ONLY*** 1030 Zumba combo (1) Sue Kettlebell (2) Jennifer
1130	RPM (2) Cynthia Yoga (DS) Stacey	Yoga (DS) April	Yoga (DS) April RPM (2) Cynthia	Yoga (DS) Stacey	RPM (2)Cynthia Yoga (DS) Stacey	
1200	Zumba (1) Grace	Les Mills GRIT (1)MG	Zumba (1) Grace	Les Mills GRIT (1) MG		
1700	1715 RPM (2) Cynthia 1730 LesMills GRIT (1)Ant	Body Pump (1) Michelle 1730 Yoga (DS)	Zumba (1) <u>Michelle</u> 1715 RPM (2) Cynthia	Body Pump (1) Michelle 1730 Yoga (DS)April	1730 RPM (2) Bill	
1800	Yoga (DS)April	1815 RPM express (2) Danetra	Yoga (DS)April 1815 Ab Attack (2)Ant			
1845	STRONG (1)Sue	Zumba Toning (1) Shavonne	STRONG (1)Sue	Zumba (1) Shavonne		

Classes in **RED** = Strength and Power **BLUE** = Cardio **PURPLE** = Flexibility/Toning **ORANGE** = HIIT
 ** (1)= Studio 1, (2)= Studio 2, (DS)= Down stairs studio, (Audie)=@ Audie Murphy***

Class descriptions on back!

Stop by and schedule your unit PT with us!!



Click or <https://www.facebook.com/FtBenningFitness/>

FEE: \$25/MONTH UNLIMITED CLASSES OR \$3.00/CLASS (AVAILABLE AT FRONT DESK). PLEASE PRESENT PASS TO INSTRUCTOR PRIOR TO CLASS.

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!

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

Kettlebell: This class will give fast results for strength, endurance and muscle toning by challenging both the muscular and cardiovascular systems with dynamic, total body movements

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! 3 different series: Cardio, Strength, and Plyo

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!

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.

Body Blast Blast your cardio fitness to the next level! This class provides the variety your body needs to see results by combining fun cardio routines with specific muscle conditioning that will be tailored to the class's needs from week to week. This is a great time to enjoy the music and feeling the burn! **(45 min.)**

Butts N Guts Want to firm it up? Get in here! Exercises for abs and gluteus are the primary goal plus additional work for muscle groups connected to these areas. No warm-up included so be ready to work! **(30 minutes)**

Step +butts/guts: This class will utilize the step with simple routines mixed with higher intensity cardio intervals and strength training to give you a whole body workout! Then we add on a little more burn by giving you more butts/guts workout

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/Spin: 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. **Express is our 30 minute version.**

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 Michelle.l.giles2.naf@mail.mil