

Aerobics Classes



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Medina Fitness Center, Bldg 199, 1115 Medina Base Road, Lackland Training Annex, 671-4477

0900 Zumba •
1800 Yoga **

0515 Spin Class •
0900 Zumba Toning •

0515 Spin Class •

0515 Spin Class *
0900 Senior Yoga **
0900 Zumba Toning •

0900 Zumba •

Massage Therapy available by appointment, call 363-1371.

Gillum Fitness Center, Bldg 2086, Kirknewton, Security Hill, 977-2354/2353

1700 Step Extra •

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1700 Step Extra •

1700 Step Extra •

Kelly Fitness Center, Bldg 210, Port San Antonio, 925-4848

1130 Zumba® Class •

1130 Zumba® Class •

TRX Training: Monday - Friday by appointment only FREE

Gateway Fitness Center, Bldg 10330, Meivohr Dr., Lackland, 671-1348/2565

1130 Circuit Class
FREE ≠

1000 TRX Training FREE ≠
1130 Core Cut UP FREE≠

1130 Circuit Class
FREE ≠

1000 TRX Training FREE ≠
1130 Core Cut UP FREE ≠

Chaparral Fitness Center, Bldg 7346, Craw Ave., Lackland, 671-2401/2361

1830 Tae Kwon Do**
(2 hour class)

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(2 hour class)

Warhawk Fitness Center, Bldg 2418, Truemper St., Lackland, 671-2016/2751

1730 Combat
Hapkido **

1730 Spin •

1630 Beast Mode Interval
Strength Training
1730 Spin •

1100 Beast Mode
Interval Strength
Training

BEAVERFIT Training • FREE • See staff for information

For more information on Fitness Center events, contact
Mike Richardson at 671-1995 or michael.richardson.52@us.af.mil

Purchase an Aerobic Pass valid for multiple classes. Pass must be presented at front desk before start of sessions. See Fitness Staff for details

≠ FIP class • \$2 per class ** See instructor for pricing. Classes and times subject to change without notice.



JBSA-Lackland Fitness Centers
www.myjbsa-fss-mwr.com

