

JBSA - FORT SAM HOUSTON

April AEROBICS CLASSES

JIMMY BROUGHT FITNESS CENTER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 5:30 - Spin 4:30p - Xtreme Hip-Hop Step Aerobics	1 6:00a - Spin 11:30a - Yoga* 5:30p - Spin* 6:30p - Zumba	2 5:30a - Spin 11:30a - Spin	3 5:30a - Xtreme Hip-Hop Step Aerobics 11:30a - Yoga* 5:30p - Spin/Sculpt* 6:30p - Zumba	4 5:30a - Spin 11:30a - Yoga*	5 9:15a - Spin w/ A Twist of Abs* 10:00a - Zumba
7 5:30a - Spin 4:30p - Xtreme Hip-Hop Step Aerobics	8 6:00a - Spin 11:30a - Yoga* 5:30p - Spin* 6:30p - Zumba	9 5:30a - Spin 11:30a - Spin	10 5:30a - Xtreme Hip-Hop Step Aerobics 11:30a - Yoga* 5:30p - Spin* 6:30p - Zumba	11 5:30a - Spin 11:30a - Yoga*	12 10:00a - Zumba
14 5:30a - Spin 4:30p - Xtreme Hip-Hop Step Aerobics	15 6:00a - Spin 11:30a - Yoga* 6:30p - Zumba	16 5:30a - Spin 11:30a - Spin	17 5:30a - Xtreme Hip-Hop Step Aerobics 11:30a - Yoga* 6:30p - Zumba	18 5:30a - Spin 11:30a - Yoga*	19 10:00a - Zumba
21 5:30a - Spin 4:30p - Xtreme Hip-Hop Step Aerobics	22 11:30a - Yoga* 5:30p - Spin* 6:30p - Zumba	23 5:30a - Spin 11:30a - Spin	24 5:30a - Xtreme Hip-Hop Step Aerobics 11:30a - Yoga* 5:30p - Spin* 6:30p - Zumba	26 5:30a - Spin 11:30a - Yoga*	27 9:15a - Spin w/ A Twist of Abs* 10:00a - Zumba
29 5:30a - Spin 4:30p - Xtreme Hip-Hop Step Aerobics	30 11:30a - Yoga* 5:30p - Spin* 6:30p - Zumba				

(*) indicates \$5 per class or \$50 for 12 classes

JBSAtoday.com



JBSA-FSH Jimmy Brought Fitness Center

Wilson Way | Bldg. 320

Monday-Friday | 5:00a.m. - 10:00p.m.

Saturday-Sunday | 8:00a.m. - 4:00p.m.

Family Days/Federal Holidays | 24/7 Access Only



The Circuit: Resistance/Cardio/Core
Tuesday at 6:00a.m.

*Led by: Victoria / **FREE CLASS***

For all fitness levels. Perform a variety of exercises that will build strength, increase endurance, challenge your muscles and promote growth.

Spin

This class is designed to challenge you to take on tough terrain and sprints. With careful choreography and upbeat music, your instructor will get your heart pumping and your body jumping!

Monday/Wednesday/Friday at 5:30a.m.

*Led by: Kym / **FREE CLASS***

Tuesday at 6:00a.m.

*Led by: Victoria / **FREE CLASS***

Wednesday at 11:30a.m.

*Led by: Sunil / **FREE CLASS***

Tuesday/Thursday at 5:30p.m.

Saturday at 9:15a.m.

*Led by: Ms. T. / **\$5***

Xtreme Hip Hop Step Aerobics

A high energy, full body cardio and toning, aerobics step class. You will be sure to get a great workout while experiencing various genres of blood pumping music.

Mon. at 4:30p.m.

*Led by: Kathaleen / **FREE CLASS***

Strength and Stability Yoga

Tuesday at 11:30a.m.

*Led by: Carmen / **\$5***

For all fitness levels. Perform a variety of exercises that will build strength, increase endurance, challenge your muscles and promote growth.

Yin Yoga - Limited Movement

Thursday at 11:30a.m.

*Led by: Carmen / **\$5***

For all fitness levels. Perform a variety of exercises that will build strength, increase endurance, challenge your muscles and promote growth.

Slow Burn Yoga

Friday at 11:30a.m.

*Led by: Carmen / **\$5***

For all fitness levels. Perform a variety of exercises that will build strength, increase endurance, challenge your muscles and promote growth.

Zumba

Ditch your workout and join our Party instead! Zumba is a mixing of high and low intensity moves making for a fun and calorie blazing dance fitness party.

Sat. at 10:00a.m.

*Led by: Lorrie / **FREE CLASS***