

JBSA - FORT SAM HOUSTON AEROBICS CLASSES

JIMMY BROUGHT FITNESS CENTER

MONDAYS	<p>5:30 am — Spin</p> <p>4:30 pm — Xtreme Hip-Hop Step Aerobics</p> <p>5:30 pm — Total Body Workout</p>
TUESDAYS	<p>11:30 am—Yoga*</p> <p>5:30 pm — Spin*</p>
WEDNESDAYS	<p>5:30 am — Spin</p> <p>5:30 pm — Kickboxing</p>
THURSDAYS	<p>11:30 am — Yoga*</p> <p>5:30 pm — Spin/Sculpt*</p>
FRIDAYS	<p>5:30 am — Spin</p> <p>11:30 am — Yoga*</p>
SATURDAYS	<p>9:15 am — Spin w/ a Twist of Abs*</p>

(*) 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



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***

Wednesday at 11:30a.m.

*Led by: Sunil | **FREE CLASS***

Tuesday/Thursday at 5:30p.m.

Every other Thursday is Spin/Sculpt

Saturday at 9:15a.m.

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

All Levels Yoga: *NEW CLASS*

Monday at 5:45p.m.

*Led by: Sara | **FREE CLASS***

Pound: *NEW CLASS*

A fitness workout that combines cardio, strength training, and weighted drumsticks called Ripstix.

Thursday at 5:00p.m.

*Led by: Kristen | **FREE CLASS***

Strength and Stability Yoga:

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

Tuesday at 11:30a.m.

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

Yin Yoga - Limited Movement:

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

Thursday at 11:30a.m.

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

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

Friday at 11:30a.m.

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

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.

Tuesday/Thursday at 6:30p.m.

Saturday at 10:00a.m.

*Led by: Lorrie | **FREE CLASS***

 **AEROBICS PASSES AVAILABLE** 
\$50 = 12 classes for the price of 10