GX Class Schedule: November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	10:00 Vinyasa Flow 4Beat $ 10:30 Move Your Asana 10:30 Zumba 11:30 Spin 17:00 BodyPump $ 17:30 Sprint $ 18:00 Core $	9:00 Zumba $ 9:00 Zumba 10:30 Vinyasa Flow Yoga 11:30 U-Jam $ 11:30 Functional Training 11:45 Mat Pilates $ 17:00 BodyPump $ 17:30 Indoor Cycling $	10:15 Gentle Flow&Yin Yoga 10:30 Zumba $ 11:30 Spin 17:00 BodyPump $ 18:15 Hatha Yoga	9:00 Zumba $ 10:15 Mat Pilates $ 11:00 Mommy & Me 17:00 BodyCombat $ 17:30 Indoor Cycling $	10:30 Zumba $ 12:15 Kickboxing Drills $ 15:50 Sunset Yoga	8:45 BodyPump $ 10:00 BodyCombat $
8	9	10	11	12	13	14
	10:30 Move Your Asana 10:30 Zumba 11:30 Spin 17:00 BodyPump $ 17:30 Sprint $ 18:00 Core $	9:00 Zumba $ 11:30 U-Jam $ 11:30 Functional Training 11:45 Mat Pilates $ 17:00 BodyPump $ 17:30 Indoor Cycling $	9:00 2hour Ride $ 10:15 Gentle Flow&Yin Yoga	9:00 Zumba $ 10:15 Mat Pilates $ 11:00 Mommy & Me 17:00 BodyCombat $	10:30 Zumba $ 12:15 Kickboxing Drills $ 15:50 Sunset Yoga	8:45 BodyPump $ 10:00 BodyCombat $
15	16	17	18	19	20	21
10:00 Bodycombat $	10:30 Move Your Asana 10:30 Zumba 11:30 Spin 17:00 BodyPump $	9:00 Zumba $ 9:00 Zumba 10:30 Vinyasa Flow Yoga 11:30 U-Jam $ 11:30 Functional Training 17:00 BodyPump $	10:15 Gentle Flow&Yin Yoga 10:30 Zumba $ 17:00 BodyPump $ 17:30 Vinyasa Flow Yoga	9:00 Zumba $ 10:15 Mat Pilates $ 11:00 Mommy & Me 17:00 BodyCombat $	10:30 Zumba $ 12:15 Kickboxing Drills $ 15:30 Friday Reset Yoga 15:50 Sunset Yoga	8:45 BodyPump $ 10:00 BodyCombat $
22	23	24	25	26	27	28
	10:00 Vinyasa Flow 4Beat $ 10:30 Move Your Asana 10:30 Zumba 11:30 Spin 17:00 BodyPump $ 17:30 Sprint $ 18:00 Core $	9:00 Zumba $ 9:00 Zumba 10:30 Vinyasa Flow Yoga 11:30 U-Jam $ 11:30 Functional Training 11:45 Mat Pilates $ 17:00 BodyPump $ 17:30 Indoor Cycling $	10:15 Gentle Flow&Yin Yoga 10:30 Zumba $ 11:30 Spin 17:00 BodyPump $	Federal Holiday: **Thanksgiving Day** All Regularly Scheduled Classes are CANCELLED	10:30 Zumba $ 12:15 Kickboxing Drills $ 15:30 Friday Reset Yoga	8:45 BodyPump $ 10:00 BodyCombat $
29	30					
10:00 Bodycombat $	10:00 Vinyasa Flow 4Beat $ 10:30 Move Your Asana 10:30 Zumba 11:30 Spin 17:00 BodyPump $		**Class Location** Fleet Rec GX Studio Fleet Rec Cycle Studio Purdy GX room Ikego Asuka Tower Ikego Forest Green Area NOFFS Zone	$ = 1 GX Sticker GX Single = $3 GX 10 Pck = $25	All GX Classes are **FREE** for Active Duty **Must Show ID**	

GX Class Description

Mommy & me — A fun and active fitness class for parents and children **ages 6 months to 6 years**. Parents and children will exercise, move, and stay active together through light-to-moderate activities.

Friday Reset Yoga — Unwind with a gentle, flowing yoga practice to stretch, move, and relax. Finish with easy meditation and a soothing sound bath to reset your body and mind for the weekend. All levels aew welcome.

Gentle Flow & Yin Yoga A gentle-paced yoga class combining mindful movement, stretching, and yin-style poses to help release tension, improve flexibility, and promote relaxation.

INDOOR CYCLING is a low impact exercise designed to improve your cardiovascular health. Benefits include strength and endurance but will also challenge your core engagement. With emphasis on high-intensity training, indoor cycling will assist in burning the most calories in a short period of time and intended for all levels.

LES MILLS BODYCOMBAT ® A no-contact, high energy martial arts inspired workout where you punch and kick your way to fitness! No experience needed. Release stress, have a blast and feel like a champ!

LES MILLS BODYPUMP ® A total body workout using light to moderate weights with many repetitions. Instructors will coach you through the moves & techniques while encouraging and motivating you to achieve a stronger, healthier body.

LES MILLS SPRINT ® A 30-minute High-Intensity Interval Training (HIIT) workout on an indoor bike, designed to deliver fast fitness results through, intense, low-impact, and short-duration, high-energy sessions.

Mat Pilates Focuses on joint helth and deep stabilizing muscles to build a strong, balanced, and resilient body. By engaging the core and inner muscles, the class improves posture, flexibility, and overall body control.

SPIN Rev up your fitness in our high-energy Spin Class! Burn calories, boost endurance, and tone muscles in this fun, fast-paced workout. Whether you're a beginner or pro, the instructor will guide you through challenging intervals and energizing tunes.

VINYASA YOGA A flowing, breath-synchronized style of yoga that builds strength, flexibility, and balance. Great for all levels looking to energize the body and calm the mind.
MOVE YOUR ASANA is a fun, upbeat practice that coordinates breath, movement, and music, blending yoga with dance-like moves to get the energy flowing and your week started on a positive note.

ZUMBA ® A total workout, combining all elements of fitness– cardio, muscle conditioning, balance, flexibility, to boost your energy. The mix of low and high-intensity moves provides for an interval-style, calorie-burning dance fitness party.

CORE Forcused workout designed to strengthen all major core muscle groups, including abs, obliques, lower back, and stabilizing muscles.This class uses a variety of exercises with options for all fitness levels.

Kickboxing Drills A high-energy kickboxing workout combining basic punches, kicks, and cardio drills. Improve coordination, build strength, burn calories, and relieve stress in a fun and supportive environment. No experience or equipment required.