



GX Class Schedule: JUNE



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	11:30 Spin 17:00 BodyPump \$ 18:15 Hatha Yoga	9:00 Zumba \$ 9:00 Zumba 10:30 Morning Flow 10:30 Vinyasa Power Yoga \$ 11:45 Mat Pilates \$ 12:30 U-Jam \$ 17:00 BodyPump \$ 17:30 Indor Cycling \$	10:30 Zumba \$ 11:30 Spin 17:00 BodyCombat \$ 17:30 Vinyasa Flow	9:00 Zumba \$ 9:00 BodyPump \$ 17:30 Sprint \$ 18:00 Core \$	10:30 Zumba \$ 17:00 BodyCombat \$ 17:45 Sunset Yoga	8:45 BodyPump \$ 8:30 Spin 10:00 BodyCombat \$
7	8	9	10	11	12	13
10:00 BodyCombat \$	11:30 Spin 17:00 BodyPump \$ 18:15 Hatha Yoga	9:00 Zumba \$ 9:00 Zumba 10:30 Morning Flow 10:30 Vinyasa Power Yoga \$ 12:30 U-Jam \$ 17:00 BodyPump \$ 17:30 Indor Cycling \$	10:30 Zumba \$ 11:30 Spin 17:00 BodyCombat \$ 17:30 Vinyasa Flow	9:00 Zumba \$ 9:00 BodyPump \$ 17:30 Sprint \$ 18:00 Core \$	10:30 Zumba \$ 17:00 BodyCombat \$ 17:45 Sunset Yoga	8:45 BodyPump \$ 8:30 Spin 10:00 BodyCombat \$
14	15	16	17	18	19	20
10:00 BodyCombat \$	11:30 Spin 17:00 BodyPump \$ 18:15 Hatha Yoga	9:00 Zumba \$ 9:00 Zumba 10:30 Morning Flow 10:30 Vinyasa Power Yoga \$ 11:45 Mat Pilates \$ 12:30 U-Jam \$ 17:00 BodyPump \$ 17:30 Indor Cycling \$	10:30 Zumba \$ 11:30 Spin 17:00 BodyCombat \$ 17:30 Vinyasa Flow	9:00 Zumba \$ 9:00 BodyPump \$ 17:30 Sprint \$ 18:00 Core \$	10:30 Zumba \$ 17:00 BodyCombat \$ 17:45 Sunset Yoga	8:45 BodyPump \$ 8:30 Spin 10:00 BodyCombat \$
21	22	23	24	25	26	27
10:00 BodyCombat \$	11:30 Spin 17:00 BodyPump \$ 18:15 Hatha Yoga	9:00 Zumba 10:30 Vinyasa Power Yoga \$ 10:30 Morning Flow 11:45 Mat Pilates \$ 12:30 U-Jam \$ 17:00 BodyPump \$	10:30 Zumba \$ 11:30 Spin 17:00 BodyCombat \$	9:00 BodyPump \$	10:30 Zumba \$ 17:00 BodyCombat \$ 17:45 Sunset Yoga	8:45 BodyPump \$ 8:30 Spin 10:00 BodyCombat \$
28	29	30				
10:00 BodyCombat \$	11:30 Spin 17:00 BodyPump \$ 18:15 Hatha Yoga	9:00 Zumba \$ 10:30 Morning Flow 11:45 Mat Pilates \$ 12:30 U-Jam \$ 17:00 BodyPump \$	\$ = 1 GX Sticker GX Single = \$3 GX 10 Pck = \$25	Class Location Fleet Rec GX Studio Fleet Rec Cycle Studio Purdy GX room Ikego Asuka Tower Ikego Forrest	All GX Classes are FREE for <u>Active Duty</u> **Must Show ID**	



GX Class Description



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 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.

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.

Mat Pilates Focuses on joint health 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.

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 Focused 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.

PLEASE NOTE THAT THIS SCHEDULE IS SUBJECT TO CHANGE