

# Redstone Arsenal

# GROUPEXERCISE SCHEDULE

## 2018

TIME	MON	TUE	WED	THURS	FRI
8:00 a.m.		Water Aerobics* (Aquatics Center)		Water Aerobics* (Aquatics Center)	
8:30 a.m.	Toning (Pagano)		Toning (Pagano)		Fitball (Pagano)
9:30 a.m.	Step (Pagano)		Step (Pagano)		Toning (Pagano)
11:15 a.m.	Cardio Challenge (Pagano)  Turbo Kick (Sparkman)	Boot Camp (Pagano)  Toning (Sparkman)	Sculpt (Pagano)  Zumba® (Sparkman)	Yoga/Pilates (Sparkman)	H.I.I.T. (Sparkman)
12:00 p.m.	Toning (Sparkman)	Yoga (Sparkman)		H.I.I.T. (Sparkman)	Toning (Sparkman)
4:30 p.m.		Interval Circuit (Pagano)	Wellbeats (Pagano)		
5:30 p.m.	Zumba® (Pagano)	Zumba® (Pagano)		Zumba® (Pagano)	

\*Standard Aquatics Center Rates Apply. \$3.00 per class, indoor passes accepted.

Non-water aerobics classes are FREE to eligible users.

### Class Descriptions:

- **Boot Camp**- High intensity, full body workout targeting major muscle groups.
- **Cardio Challenge**- Cardio based workout, includes strength and core.
- **Fitball**- Total body toning to improve strength, stability and balance using stability ball.
- **H.I.I.T.**- This class is what it's name stands for: High intensity interval training
- **Sculpt**- Non aerobic, muscle toning focused on core and strength.
- **Step**- Uses an adjustable elevated platform/bench for a great cardio workout.
- **Toning**- Total body weight training using body weight and light dumbbells.
- **Turbo Kick**- Cardio kicking boxing and body-sculpting.
- **Yoga**- Relaxing mind and body conditioning, breath control, along with toning and stretching class.
- **Yoga/Pilates**- Controlled stretch and strengthening exercises that engage the mind and body.
- **Zumba®**- Energizing, rhythmic cardio incorporating dance moves to a variety of upbeat music.

Classes in Black are at Pagano

Classes in RED are at Sparkman

Classes in BLUE are in the Aquatics Center

For more information call 256-876-6701

<https://redstone.armymwr.com/programs/fitness>

