

FITNESS CALENDAR

MAY 2024				
Monday	Tuesday	Wednesday	Thursday	Friday
		1 Cycling 5:30-6:30a Kickboxing 5:15-6:15p	2 Yoga 1205-1:05p Cycling 4:00-5:00p CIRCL Mobility (Stretch Mobility) 5:15-6:15p	3 Yoga 1100-1200p
6 Cycling 5:30-6:30a	7 Yoga 1000-1100a Pilates 1205-1:05p Circuit Training 3:30-4:30p (JSC) Zumba 5:15-6:15p	8 Cycling 5:30-6:30a Kickboxing 5:15-6:15p	9 Yoga 1205-1:05p Cycling 4:00-5:00p CIRCL Mobility (Stretch Mobility) 5:15-6:15p	10 Yoga 1100-1200p
13 Cycling 5:30-6:30a	14 Yoga 1000-1100a Pilates 1205-1:05p Circuit Training 3:30-4:30p (JSC) Zumba 5:15-6:15p	15 Cycling 5:30-6:30a Kickboxing 5:15-6:15p	16 Yoga 1205-1:05p Cycling 4:00-5:00p CIRCL Mobility (Stretch Mobility) 5:15-6:15p	17 Yoga 1100-1200p
20 Cycling 5:30-6:30a	21 Yoga 1000-1100a Pilates 1205-1:05p Circuit Training 3:30-4:30p (JSC) Zumba 5:15-6:15p	22 Cycling 5:30-6:30a Kickboxing 5:15-6:15p	23 Yoga 1205-1:05p Cycling 4:00-5:00p CIRCL Mobility (Stretch Mobility) 5:15-6:15p	24 FAMILY DAY
27 HOLIDAY	28 Yoga 1000-1100a Pilates 1205-1:05p Circuit Training 3:30-4:30p (JSC) Zumba 5:15-6:15p	29 Cycling 5:30-6:30a Kickboxing 5:15-6:15p	30 Yoga 1205-1:05p Cycling 4:00-5:00p CIRCL Mobility (Stretch Mobility) 5:15-6:15p	31 Yoga 1100-1200p

Schedule subject to change. For more information contact the James Sports Center at (618) 256-4524

ALL CLASSES ARE HELD AT THE WARMER FITNESS CENTER BLDG 6

Unless noted

JAMES SPORTS CENTER (JSC) Bldg 1987

CLASS SUMMARIES

Yoga (WFC)

Join us for a 60-minute stretch on your lunch break. Our yoga flow will be easy on your joints and will bring relief to your muscles. Military members are welcome to join in uniform. Our set series of standing postures can be memorized and integrated into your everyday routine. Improve your balance and posture while honing techniques that utilize your muscles while stretching.

Circuit Training (Tuesdays) (JSC)

The class provides a 60-minute circuit training using varying workout formats of stations, high-intensity interval training (HIIT), Tabata, and as many rounds as possible (AMRAP). It is a full body workout, providing an excellent way to improve cardiovascular fitness and muscle strength endurance.

Cycling (WFC)

This is a high energy 60 minute indoor cycling class led by a motivating instructor and accompanied by the instructors unique playlist of powerful and energizing music. Spin is challenging, fun and one of the best ways to improve cardiovascular fitness while burning lots of calories. Spin is low impact and is suitable for most people and our classes can accommodate all ability levels. NOTE: You must be registered for 24/7 access at the Warmer Fitness Center for this class.

Strength and Conditioning Program (JSC)

The Fitness Improvement Program is a comprehensive and tailored approach designed to empower members by providing them with the knowledge, support, and guidance needed to enhance their overall fitness. Through a combination of expert-led workshops, personalized workout plans, and ongoing assistance, participants will develop the skills and motivation to achieve their health and wellness goals, ultimately leading to a more active, balanced, and fulfilling lifestyle.

Barre

Barre is a low impact, high repetition class using bodyweight or very light weights to strengthen and tone. This is a full body workout that targets the deep stabilizing muscles. All levels welcome.

BootCamp

This high-energy workout challenges beginner and elite athletes alike. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this mix of cardio and strength training class! All levels welcome.

Kickboxing

Kickboxing is an interval based, full body workout beginning with a cardiovascular warm-up followed by higher-paced intervals and kickboxing-specific strength/endurance training sequences and easy-to-follow combinations. All levels are welcome.

Plyoga

Plyoga provides the perfect blend of plyometric movement to increase strength, power, endurance, quick muscle response, and overall cardiovascular health with yoga to improve core strength and flexibility. This is not jumping and is suitable for all ages and fitness levels!

Zumba

Zumba is a Latin-inspired dance fitness class sure to get your heart pumping while having fun! Join the hottest dance fitness class and have fun while you exercise!