

# FITNESS CALENDAR

## August 2024

August 2024				
Monday	Tuesday	Wednesday	Thursday	Friday
5	6	7	8 1 Yoga 1000-1100p Cycling 4:00-5:00p CIRCL Mobility (Stretch Mobility) 5:15-6:15p	2 Yoga 1100-1200p
12	13 Yoga 1000-1100a Pilates 1130-1230 Circuit Training 3:30-4:30p (JSC) Zumba 5:15-6:15p	14 Cycling 5:30-6:30a Kickboxing 5:15-6:15p	15 8 Yoga 1000-1100p Cycling 4:00-5:00p CIRCL Mobility (Stretch Mobility) 5:15-6:15p	9 Yoga 1100-1200p
19	20 Yoga 1000-1100a Pilates 1130-1230 Circuit Training 3:30-4:30p (JSC) Zumba 5:15-6:15p	21 Cycling 5:30-6:30a Kickboxing 5:15-6:15p	22 15 Yoga 1000-1100p Cycling 4:00-5:00p CIRCL Mobility (Stretch Mobility) 5:15-6:15p	16 Yoga 1100-1200p
26	27 Yoga 1000-1100a Pilates 1130-1230 Circuit Training 3:30-4:30p (JSC) Zumba 5:15-6:15p	28 Cycling 5:30-6:30a Kickboxing 5:15-6:15p	29 22 Yoga 1000-1100p Cycling 4:00-5:00p CIRCL Mobility (Stretch Mobility) 5:15-6:15p	23 Yoga 1100-1200p
30	30 Yoga 1000-1100a Pilates 1130-1230 Circuit Training 3:30-4:30p (JSC) Zumba 5:15-6:15p	30 Cycling 5:30-6:30a Kickboxing 5:15-6:15p	30 29 Yoga 1000-1100p Cycling 4:00-5:00p CIRCL Mobility (Stretch Mobility) 5:15-6:15p	30 Family Day No Classes

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

### **CIRCL Mobility (Stretch Mobility) (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.

### **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 instructor's 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.

### **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.**

### **Pilates**

**Pilates aims to improve flexibility and stability by strengthening the muscles and especially the torso-stabilizing muscles of the abdomen and lower back.**

### **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.

### **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!**