MWR Group Exercise Winter 2007 Schedule (January 2 – March 30)

Monday

0700-0755	Command Fitness Class (***F***)	* Staff
0800-0900	BodySculpting W/ a Twist (***NFC***)	* Tanja
0800-0900	Comm. Fit. Swim Class (***NFC 2***)	* Staff
0905- 1005	Don't stop til you get enough (***NFC***)	* Kas
1000-1100	Hatha Yoga (***NFC***)	* Chieko
1100-1200	Aqua Aerobics **(NFC2)**	* Andrea
1630-1725	Power Yoga (***F***)	* Chieko
1730-1830	Kasmic Kick (***I***)	* Kas
1900-2000	Twilight Spin (**F**)	* Shona

Tuesday

0630-0730	Aquarobics (**NFC2**)	* Cindee
0800-0855	Stroll-N-Sculpt (***NFC - Outside***	* Tanja
0800-0900	BOSU Cardio/Strength (**NFC**)	* Jennifer
0905-1005	Bottoms Up! (**NFC**)	* Shona
1530-1630	Aqua Aerobics (**NFC2**)	* Kas
1700-1800	Step (***F***)	* Paula
1800-1830	TBC (***F***)	* Paula
1830-1925	Power Yoga (***F***)	* Chieko

Wednesday

0530-0630	Spintensity (**F**)	* Christine
0700-0800	Command Fitness Class (***F***)	* Staff
0800-0900	Comm. Fit. Swim Class (***NFC 2***)	* Staff
0800-0900	Stroll-N-Sculpt (***NFC - Outside***)	* Tanja
0800-0915	Step & Sculpt (**NFC**)	* Debbie
0930-1030	Aqua Strength (**NFC2**)	* Andrea
1000-1100	Yoga (***N***)	* Meggan
1130-1230	The 3 B Burn (***NFC***)	* Kas
1630-1725	Power Yoga (***F***)	* Chieko
1730-1830	Line Step (***F***)	* Paula

Thursday

0630-0730	Aquarobics **(NFC2)**	* Cindee
0800-0900	Stroll-N-Sculpt (***NFC – Outside)***	* Tanja
0800-0900	RetroRobics/Fnct.Flex.Pt.1(NFC)	* Jennifer
0830-0930	Calorie Attack!!! (***I***)	* Kas
0905-1005	Functional Flexibility (Pt.2)(**NFC**)	* Jennifer
1130-1230	Yoga/Easy Power Yoga (***F***)	* Chieko
1700-1800	Step (***F***)	* Paula
1800-1830	TBC (***F***)	* Paula
1900-2000	Spintensity (***F***)	* Shona

Friday

0530-0630	Spintensity (**F**)	* Christine
0800-0900	Cardio/Strength Circuit	*Shona
0800-0900	Comm. Fit. Swim Class (***NFC***)	* Staff
0930-1030	Aquarobics (**NFC2**)	* Akemi
1000-1055	Hatha Yoga (***NFC***)	* Chieko

Saturday

0830-0930	Keep it Simple Step (***NFC***)	* Jennifer
0900-1000	SPINtensity (***F***)	* Christine
0900-1000	Stroll-N-Sculpt (***NFC - Outside***)	* Tanja

Class Policies

- **Be on time as warm-ups prevent injuries.**
- **Please do not enter class if you are more than 10 minutes late or before the current class is finished.**
- **Be considerate of other participant's space.**
- **Shirts must be worn at all times.**
- **Please refrain from wearing heavy perfume or cologne to class.**
- **Please keep conversations to a minimum.**
- **The use of towels and plastic water bottles is recommended.**
- **Proper footwear is required while in aerobics room.**
- **Please restore equipment back to the proper location.**

FIRST TIMERS GET TO TRY EVERY CLASS ONCE FOR FREE!!

GROUP X Symbols

(NFC) = New Fitness Center
(F) = Fleet Rec. Center
(NFC 2) = New Fitness Pool
(N) = Negishi Fitness Ctr.
(I) = Ikego Asuka Tower

Schedule Updates

If the average class participation does not exceed 5 participants, management may decide to discontinue that class.

Stroll-N-Sculpt is held outside if weather is nice and dry!! Otherwise it will be held indoors at alternate location (TBD)