

Fort Belvoir Readiness Calendar

February 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				1 0600-0700 Functional Training 1000-1030 Turbo Tabata 1700-1800 Yoga
4 0600-0700 Functional Training 0930-1030 C.O.R.E.	5 0600-0700 Functional Training 1000-1100 Body Sculpt 1130-1230 Functional Training 1700-1800 Indoor Cycle	6 0600-0700 Functional Training 0930-1030 C.O.R.E. 1030-1130 Body Sculpt 1130-1230 Functional Training 1700-1800 ChakaBoom	7 0600-0700 Functional Training 1000-1100 Indoor Cycle 1130-1230 Functional Training 1200-1300 Yoga ` 1700-1800 Indoor Cycle 1800-1900 Zumba	8 0600-0700 Functional Training 1000-1030 Turbo Tabata 1700-1800 Yoga
11 0930-1030 C.O.R.E.	12 1000-1100 Body Sculpt 1700-1800 Indoor Cycle	13 930-1030 C.O.R.E. 1030-1130 Body Sculpt 1700-1800 ChakaBoom	14 1000-1100 Indoor Cycle 1200-1300 Yoga ` 1700-1800 Indoor Cycle 1800-1900 Zumba	15 1000-1030 Turbo Tabata 1700-1800 Yoga
18 Holiday	19 0600-0700 Functional Training 1000-1100 Body Sculpt 1130-1230 Functional Training 1700-1800 Indoor Cycle	20 0600-0700 Functional Training 0930-1030 C.O.R.E. 1030-1130 Body Sculpt 1130-1230 Functional Training 1700-1800 ChakaBoom	21 0600-0700 Functional Training 1000-1100 Indoor Cycle 1130-1230 Functional Training 1200-1300 Yoga ` 1700-1800 Indoor Cycle 1800-1900 Zumba	22 0600-0700 Functional Training 1000-1030 Turbo Tabata 1700-1800 Yoga
25 0600-0700 Functional Training 0930-1030 C.O.R.E.	26 0600-0700 Functional Training 1000-1100 Body Sculpt 1130-1230 Functional Training 1700-1800 Indoor Cycle	27 0600-0700 Functional Training 0930-1030 C.O.R.E. 1030-1130 Body Sculpt 1130-1230 Functional Training 1700-1800 ChakaBoom	28 0600-0700 Functional Training 1000-1100 Indoor Cycle 1130-1230 Functional Training 1200-1300 Yoga ` 1700-1800 Indoor Cycle 1800-1900 Zumba	

***Functional Training classes held at Specker Field House**

***C.O.R.E. classes held at Specker Field House**

All other classes will be held at Wells Field House

Class Descriptions

Indoor Cycling – an indoor cycling program designed for all fitness levels, delivering an incredible calorie burn. Whether you are an avid outdoor cyclist or new to cycling, this class will provide a challenging workout to include strength and endurance.

Zumba – get your groove on with this exciting combo of Latin dance. You will burn calories, get re-energized and have an hour of all out fun. Perfect for all fitness levels!

Yoga – develop strength, muscle tone and flexibility with the union occurring between mind, body and spirit. De-stress your day! All fitness levels welcome.

Chakaboom is a group dance fitness workout that incorporates different styles of dance with original choreography and all styles of music. Perfect for all fitness levels.

Trubo Tabata is a 30 minute class utilizing Tabata intervals to provide cardiovascular and muscular conditioning.

C.O.R.E. is a total body workout designed to promote cardiovascular and muscular conditioning.

Functional Training is a high intensity class that develops exercise routines that allow participants to perform exercise of daily more easily without injury. Train your muscles to work for effective and efficient.

Body Sculpt is a resistance based workout for all levels of fitness. It will burn calories, shape and tone your entire body increasing overall strength and improve bone health.