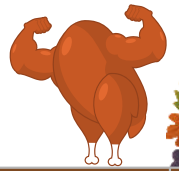
GROUP EXERCISE SCHEDULE





DEPARTMENT OF THE AIR FORCE
FITNESS & SPORTS

NOVEMBER 2026

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 6AM Toning & Zumba 10:45AM Kickboxing 11:30AM Tai Chi 4:30PM Zumba	3 11:30AM Tai Chi 5:30PM HIIT Bootcamp	4 6AM Toning & Zumba 11:30AM Tai Chi 4PM Zumba	5 9AM Strength X 11:30AM Tai Chi 5:30PM HIIT Bootcamp	6 10:45AM Kickboxing 11:30AM Tai Chi	7 8:45AM Strength X
8	9 6AM Toning & Zumba 10:45AM Kickboxing 11:30AM Tai Chi 4:30PM Zumba	10 11:30AM Tai Chi 5:30PM HIIT Bootcamp	11 **CLOSED for VETERAN'S DAY** CLOSED	12 **CLOSED for AMC PASS DAY** CLOSED	13 10:45AM Kickboxing 11:30AM Tai Chi TURKEY TROT 2026	14 8:45AM Strength X
15	16 6AM Toning & Zumba 10:45AM Kickboxing 11:30AM Tai Chi 4:30PM Zumba	17 11:30AM Tai Chi 5:30PM HIIT Bootcamp	18 6AM Toning & Zumba 11:30AM Tai Chi 4PM Zumba	19 9AM Strength X 11:30AM Tai Chi 5:30PM HIIT Bootcamp	20 **CLOSED for 6 FSS TRAINING DAY** CLOSED	21 8:45AM Strength X
22	23 6AM Toning & Zumba 10:45AM Kickboxing 11:30AM Tai Chi 4:30PM Zumba	24 11:30AM Tai Chi 5:30PM HIIT Bootcamp	25 6AM Toning & Zumba 11:30AM Tai Chi 4PM Zumba	26 **CLOSED for THANKSGIVING** CLOSED Happy THANKSGIVING	27 **CLOSED for AMC PASS DAY** CLOSED	28 8:45AM Strength X
29	30 6AM Toning & Zumba 10:45AM Kickboxing 11:30AM Tai Chi 4:30PM Zumba					







MACDILL AIR FORCE BASE
FORCE SUPPORT SQUADRON

*FRP Approved

813-828-4496 macdillfss.com

November Group Exercise Classes
All Classes Are FREE!

Class Descriptions:

***Kickboxing *w/ Rayshawn*:** Punch, Kick, and move with martial arts-inspired drills for a fun, full body workout!

***Zumba *w/ Ariel*:** Combines music and dance moves to create a dynamic, fun, and effective interval-style, calorie-burning dance experience. Designed for all fitness levels.

Tai Chi *w/ Rayshawn*: Traditional Tai Chi Flow which increases strength, balance, flexibility, and relaxation. All fitness levels welcome.

***Strength X *w/ Jojo*:** Elevate your fitness with StrengthX, a strength-focused workout designed to build muscle, boost endurance, and torch calories. This strength and conditioning style class combines dynamic resistance training with heart-pumping exercises to get the muscles pumped and endorphins flowing. Whether you're a beginner, a novice, or an advanced gym rat, StrengthX is tailored to meet you where you are while challenging you to progress.

Toning & Zumba *w/ Ariel*: This high-energy class combines the fun, dance-inspired movements of Zumba with strength and toning exercises to provide a full-body workout. Participants will improve cardiovascular endurance, muscular strength, balance, and coordination while burning calories in a fun, supportive environment. Light weights, resistance bands, or bodyweight exercises may be incorporated to help tone the arms, legs, core, and glutes. This class is suitable for all fitness levels, with modifications provided as needed.

HIIT Bootcamp *w/ Jamila*: This interval-based class combines cardiovascular and strength exercises with short recovery periods to improve endurance, muscular strength, and overall fitness.

**FRP Approved*

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FITNESS & SPORTS

For More Info Call:
813-828-4496

Classes are first come, first served.

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