

# GROUP X CLASSES

## JUNE

### MON

6:00AM HIIT\* • JILLIAN (outdoor)  
7:00AM 6 PACK ABS\* • JILLIAN (outdoor)  
11:30AM BOOTCAMP\* • LUIGI  
4:30PM ZUMBA\* • JACQUES  
5:30PM BOOTCAMP\* • LUIGI

### TUES

11:45AM CYCLE 45\* • CONNIE  
5:00PM STRENGTH & CONDITIONING\* • TOBY

### WED

11:30AM BOOT CAMP\* • LUIGI  
4:00PM BOOT CAMP\* • LUIGI  
5:00PM STRENGTH & CONDITIONING\* • TOBY

### THUR

6:00AM HITT\* • JILLIAN (outdoor)  
7:00AM SIX PACK ABS\* • JILLIAN (outdoor)  
11:30PM HITT & ABS\* • CONNIE (SUB JUNE 3RD)  
5:00PM POWER SPIN\* • ALEXANDRA  
6:00PM TABATA\* • CHRISTINA

\*FIP CLASSES GIVE MILITARY MEMBERS PRIORITY

MASKS ARE OPTIONAL FOR THOSE WHO HAVE RECEIVED THE COVID-19 VACCINE AND ARE 2 WEEKS PAST FINAL DOSE.  
MASKS ARE MANDATORY FOR THOSE NOT YET VACCINATED.

MAINTAIN 6FT OF DISTANCE AT ALL TIMES

All classes are **FREE** & first come first serve.

No classes held on holidays or training days.



follow us @macdillfss  
[macdillfss.com](http://macdillfss.com)



**SHORT  
FITNESSCENTER**  
MACDILL AFB FL

### **ARMS & ABS**

Activity: Sculpting

Location: Gym/Outdoors

Limit: 30 Patrons

A fast pace workout that requires just your body weight. Students are guided through a circuit-based workout that includes push-ups, planks, dips, sit-ups, side press and much more, to tone your abs and improve your arm strength.

### **BOOT CAMP**

Activity: Cardio/Strength

Location: Gym/Outdoors

Limit: 30 Patrons

A moderate to high intensity cardio workout that includes a mix of aerobic, strength training and speed elements within each class session. This interval workout is a whole-body workout that builds strength and cardio endurance. Appropriate for all levels.

### **CARDIO CIRCUIT TRAINING**

Activity: Cardio/Sculpt

Location: Gym/Outdoors

Limit: 30 Patrons

This class focuses on building a strong foundation of biomechanical alignment in your body. It involves a series of exercises performed in rotation with minimal rest, often. Props will be provided.

### **CYCLE 45**

Activity: Cardio

Location: Spin Room

Limit: 15 Patrons

Athletic cycling guided by innovative coaching and motivational music. This one hour class includes a warm-up, cardio workout, and cool down. No experience required. Set your own pace - everyone starts and finishes together!

### **HIIT**

Activity: Cardio

Location: Gym/Outdoors

Limit: 30 Patrons

A high intensity interval workout that focuses on full body strength with cardio bursts!

### **POWER SPIN**

Activity: Cardio

Location: Spin Room

Limit: 15 Patrons

A high energy cycling class that's fun, energetic, and a great cardio workout. Going at a comfortable pace, but feeling motivated by high energy music, you'll experience a highly efficient, total body workout that uses a mixture of endurance and interval drills to optimize fat burn and muscle toning.

### **SIX PACK ABS ATTACK**

Activity: Strength/Flexibility

Location: Gym/Outdoors

Limit: 30 Patrons

A strength and sculpting class that combines with core muscles movement providing the vital ingredients for a stronger body. A strong core will help you move better, improve your balance and stability, reduce your risk of injury, increase your power output, and improve your athletic performance! By focusing on your abdominal muscles, hips, glutes and back, this focused class is a must for any cyclist, runner, or fitness enthusiast needing to strengthen the stabilizer muscles.

### **STRENGTH AND CONDITIONING**

Activity: Strength

Location: Gym/Outdoors

Limit: 30 Patrons

A low-impact conditioning and muscular strength and endurance class. This class emphasizes proper postural alignment, core strength and muscle balance to maximize benefits. Appropriate for all levels.

### **TABATA**

Activity: Cardio/Strength

Location: Gym/Outdoors

Limit: 30 Patrons

A high-intensity, interval training, total body workout. Each exercise in a Tabata workout lasts only four minutes but it's likely to be one of the longest four minutes you've ever endured.

### **ZUMBA**

Activity: Cardio

Location: Gym

Limit: 30 Patrons

This total body workout combines the elements of cardio, body awareness, muscle conditioning and flexibility. Spend your hour shakin' your hips, movin' your feet and sweating out our frustrations in this high-energy, totally FUN cardio workout! Turn up the beat!

# **SHORT FITNESSCENTER**

**MACDILL AFB FL**

HOURS OF OPERATION:

MONDAY - FRIDAY 5AM - 8:30PM

SATURDAY & SUNDAY 6AM - 2PM

[macdillfss.com/short-fitness-center](http://macdillfss.com/short-fitness-center)