

# GROUP X CLASSES

## OCTOBER

### MON

11:30AM  
5:00PM  
6:00PM

BOOTCAMP • LUIGI  
STRENGTH & CONDITIONING • TOBY  
ZUMBA • SELINA

### THUR

11:30AM  
12:30PM  
6:00PM

CARDIO KICKBOXING INTERVAL • CONNIE  
6 PACK ABS ATTACK • CONNIE  
TABATA • CHRISTINA

### TUES

11:30AM  
12:30PM  
5:00PM

POWER CYCLE • CONNIE  
6 PACK ABS ATTACK • CONNIE  
CARDIO KICKBOXING • SELINA

### FRI

6:00AM  
7:00AM  
11:30AM

HITT • JILLIAN  
6 PACK AB ATTACK • JILLIAN  
BOOTCAMP • LUIGI

### WED

11:30AM  
5:00PM  
6:00PM

BOOTCAMP • LUIGI  
STRENGTH & CONDITIONING • TOBY  
ZUMBA • SELINA

**All classes are FREE & first come first serve.  
No classes held on holidays or training days.**

MASKS ARE MANDATORY FOR EVERYONE WHILE INSIDE THE FACILITY. MASKS MAY BE REMOVED WHILE PERFORMING PHYSICAL ACTIVITY

MAINTAIN 6FT OF DISTANCE AT ALL TIMES



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**SHORT  
FITNESSCENTER**  
MACDILL AFB FL

### **BOOT CAMP**

Activity: Cardio/Strength

Location: Gym/Outdoors

Limit: 25 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.

### **HIIT**

Activity: Cardio

Location: Gym/Outdoors

Limit: 25 Patrons

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

### **HIIT & ABS**

Activity: Cardio

Location: Gym/Outdoors

Limit: 25 Patrons

A high intensity interval workout that focuses on full body strength with cardio bursts with the added combo of an ab workout!

### **POWER SPIN**

Activity: Cardio

Location: Spin Room

Limit: 15 Patrons (special precautions for COVID-19 mitigation)

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: 25 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: 25 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: 25 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/Outdoors

Limit: 25 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!

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