

NOVEMBER 2022

SHORT FITNESS CENTER








macdillfss.com/short-fitness-center/

  @macdillfss • (813) 828-4496



DOWNLOAD THE FULL SCHEDULE BY SCANNING THE CODE ABOVE



SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
		NO CLASSES 1	NO CLASSES 2 	NO CLASSES 3	NO CLASSES 4 	5
6	0600 - 90 FITNESS STAFF 7 0600 - HIIT/LUIGI 0700 - 6PK ABS/LUIGI 1130 - BOOTCAMP/LUIGI 1600 - 90 FITNESS STAFF 1630 - STRENGTH TRNG/Toby	0600 - POWER SPIN/CLAIRE 8 0700 - BOOTCAMP/LUIGI 1630 - BODY CONDITION'G/Toby	0600 - 90 FITNESS STAFF 9 0700 - BOOTCAMP/LUIGI 1130 - BOOTCAMP/LUIGI 1600 - 90 FITNESS STAFF 1645 - DANCE EX/MISTI	0600 - POWER SPIN/CLAIRE 10 0700 - BOOTCAMP/LUIGI 1630 - KICKBOXING/SELINA	NO CLASSES 11	12
13	NO CLASSES 14	0600 - POWER SPIN/CLAIRE 15 0700 - BOOTCAMP/LUIGI 1630 - BODY CONDITION'G/Toby	0600 - 90 FITNESS STAFF 16 0700 - BOOTCAMP/LUIGI 1130 - BOOTCAMP/LUIGI 1600 - 90 FITNESS STAFF 1645 - DANCE EX/MISTI	0600 - POWER SPIN/CLAIRE 17 0700 - BOOTCAMP/LUIGI 1630 - KICKBOXING/SELINA	NO CLASSES 18 	19
20	0600 - 90 FITNESS STAFF 21 0600 - HIIT/LUIGI 0700 - 6PK ABS/LUIGI 1130 - BOOTCAMP/LUIGI 1600 - 90 FITNESS STAFF 1630 - STRENGTH TRNG/Toby	0600 - POWER SPIN/CLAIRE 22 0700 - BOOTCAMP/LUIGI 1630 - BODY CONDITION'G/Toby	0600 - 90 FITNESS STAFF 23 0700 - BOOTCAMP/LUIGI 1130 - BOOTCAMP/LUIGI 1600 - 90 FITNESS STAFF 1645 - DANCE EX/MISTI	NO CLASSES 24 	NO CLASSES 25	26
27	0600 - 90 FITNESS STAFF 28 0600 - HIIT/LUIGI 0700 - 6PK ABS/LUIGI 1130 - BOOTCAMP/LUIGI 1600 - 90 FITNESS STAFF 1630 - STRENGTH TRNG/Toby	0600 - POWER SPIN/CLAIRE 29 0700 - BOOTCAMP/LUIGI 1630 - BODY CONDITION'G/Toby	0600 - 90 FITNESS STAFF 30 0700 - BOOTCAMP/LUIGI 1130 - BOOTCAMP/LUIGI 1600 - 90 FITNESS STAFF 1645 - DANCE EX/MISTI			

CLASS: BODY CONDITIONING**ACTIVITY: STRENGTH & CARDIO**

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

CLASS: BOOTCAMP**ACTIVITY: CARDIO/STRENGTH**

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.

CLASS: CARDIO CIRCUIT TRAINING**ACTIVITY: CARDIO/SCULPT**

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

CLASS: HIIT**ACTIVITY: CARDIO**

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

CLASS: DANCE EX**ACTIVITY: CARDIO**

A wildly fun and addictive cardio dance class based on the hottest pop and hip hop music. This workout is nonstop with repetitive athletic moves and fresh dance steps.

CLASS: POWER SPIN**ACTIVITY: CARDIO**

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, your instructor and peers, 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.

CLASS: SIX PAC ABS ATTACK**ACTIVITY: STRENGTH/FLEXIBILITY**

A strength and sculpting class that combines with core muscles movement providing the vital ingredient 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.

CLASS: STRENGTH AND CONDITIONING**ACTIVITY: STRENGTH**

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.

CLASS: TABATA**ACTIVITY: CARDIO AND STRENGTH**

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.