

# MARCH 2023

## SHORT FITNESS CENTER








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

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DOWNLOAD THE FULL SCHEDULE BY SCANNING THE CODE ABOVE



SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
			NO CLASSES <sup>1</sup>	NO CLASSES <sup>2</sup> 	NO CLASSES <sup>3</sup>	
<sup>5</sup>	0600 - 90 FITNESS STAFF <sup>6</sup> 1130 - HIP HOP STEP/KIERRA 1130 - BOOTCAMP/LUIGI 1600 - 90 FITNESS STAFF 1630 - STRENGTH TRNG/TOBY	0600 - POWER SPIN/CLAIRE <sup>7</sup> 0700 - BOOTCAMP/LUIGI 1630 - CONDITION'G/TOBY	0600 - 90 FITNESS STAFF <sup>8</sup> 0700 - BOOTCAMP/LUIGI 1000 - HIP HOP STEP/KIERRA 1130 - BOOTCAMP/LUIGI 1600 - 90 FITNESS STAFF 1645 - DANCE EX/MISTI	0700 - BOOTCAMP/LUIGI <sup>9</sup> 1130 - SPIN/ANDREA 1630 - KICKBOXING/SELINA	0600 - HITT/JILLIAN <sup>10</sup> 0600 - 90 FITNESS STAFF 0700 - 6PK ABS/JILLIAN 1130 - BOOTCAMP/LUIGI 1600 - POWER SPIN/CLAIRE 1600 - 90 FITNESS STAFF	
<sup>12</sup> 	0600 - 90 FITNESS STAFF <sup>13</sup> 1130 - HIP HOP STEP/KIERRA 1130 - BOOTCAMP/LUIGI 1600 - 90 FITNESS STAFF 1630 - STRENGTH TRNG/TOBY	0600 - POWER SPIN/CLAIRE <sup>14</sup> 0700 - BOOTCAMP/LUIGI 1630 - CONDITION'G/TOBY	0600 - 90 FITNESS STAFF <sup>15</sup> 0700 - BOOTCAMP/LUIGI 1000 - HIP HOP STEP/KIERRA 1130 - BOOTCAMP/LUIGI 1600 - 90 FITNESS STAFF 1645 - DANCE EX/MISTI	0700 - BOOTCAMP/LUIGI <sup>16</sup> 1630 - KICKBOXING/SELINA	NO CLASSES	 <sup>18</sup> 
<sup>19</sup> 	0600 - 90 FITNESS STAFF <sup>20</sup> 1130 - HIP HOP STEP/KIERRA 1130 - BOOTCAMP/LUIGI 1600 - 90 FITNESS STAFF 1630 - STRENGTH TRNG/TOBY	0600 - POWER SPIN/CLAIRE <sup>21</sup> 0700 - BOOTCAMP/LUIGI 1630 - CONDITION'G/TOBY	0600 - 90 FITNESS STAFF <sup>22</sup> 0700 - BOOTCAMP/LUIGI 1000 - HIP HOP STEP/KIERRA 1130 - BOOTCAMP/LUIGI 1600 - 90 FITNESS STAFF 1645 - DANCE EX/MISTI	0700 - BOOTCAMP/LUIGI <sup>23</sup> 1130 - SPIN/ANDREA 1630 - KICKBOXING/SELINA	0600 - HITT/JILLIAN <sup>24</sup> 0600 - 90 FITNESS STAFF 0700 - 6PK ABS/JILLIAN 1130 - BOOTCAMP/LUIGI 1600 - POWER SPIN/CLAIRE 1600 - 90 FITNESS STAFF	<sup>25</sup> 
<sup>26</sup>	0600 - 90 FITNESS STAFF <sup>27</sup> 1130 - HIP HOP STEP/KIERRA 1130 - BOOTCAMP/LUIGI 1600 - 90 FITNESS STAFF 1630 - STRENGTH TRNG/TOBY	0600 - POWER SPIN/CLAIRE <sup>28</sup> 0700 - BOOTCAMP/LUIGI 1630 - CONDITION'G/TOBY	0600 - 90 FITNESS STAFF <sup>29</sup> 0700 - BOOTCAMP/LUIGI 1000 - HIP HOP STEP/KIERRA 1130 - BOOTCAMP/LUIGI 1600 - 90 FITNESS STAFF 1645 - DANCE EX/MISTI	0700 - BOOTCAMP/LUIGI <sup>30</sup> 1130 - SPIN/ANDREA 1630 - KICKBOXING/SELINA	0600 - HITT/JILLIAN <sup>31</sup> 0600 - 90 FITNESS STAFF 0700 - 6PK ABS/JILLIAN 1130 - BOOTCAMP/LUIGI 1600 - POWER SPIN/CLAIRE 1600 - 90 FITNESS STAFF	



**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/STEP****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: KICKBOXING****ACTIVITY: CARDIO AND STRENGTH**

Instructor takes you through a series of punches and kick combinations that can be modified to be low or high impact depending on your level. Kick all your stress away and improve your cardiovascular system.