



# March Aerobics Calendar

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## Hours of Operation

Mon –Thurs: 5 a.m. – 10 p.m. | Fri: 5 a.m. – 8 p.m.

Sat – Sun: 10 a.m. – 5 p.m.

Federal Holidays and Family Days: 24 Hour Access Only ~register at the front desk for after hours access~

### MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

		<b>1</b> <b>0600 FIP (I)</b> <b>1300 Functional Fitness (I)</b> <b>1500 FIP (I)</b> <b>1530 Strength &amp; Spin (I)</b> <b>1800 Peaceful Power Yoga (V)</b>	<b>2</b> <b>0800 20-Min Spin (V)</b> <b>1700 Power Push Workout (V)</b>	<b>3</b> <b>0600 FIP (I)</b> <b>0800 Pilates Sculpt Circuit (V)</b> <b>1800 Peaceful Power Yoga (V)</b>
<b>6</b> <b>0600 FIP (I)</b> <b>0800 Pilates Sculpt Circuit (V)</b> <b>1500 FIP (I)</b> <b>1800 Peaceful Power Yoga (V)</b>	<b>7</b> <b>0800 20-Min Spin (V)</b> <b>1700 Power Push Workout (V)</b>	<b>8</b> <b>0600 FIP (I)</b> <b>1500 FIP (I)</b> <b>1800 Peaceful Power Yoga (V)</b>	<b>9</b> <b>0800 20-Min Spin (V)</b> <b>1700 Power Push Workout (V)</b>	<b>10</b> <b>0600 FIP (I)</b> <b>0800 Pilates Sculpt Circuit (V)</b> <b>1800 Peaceful Power Yoga (V)</b>
<b>13</b> <b>0600 FIP (I)</b> <b>0800 Pilates Sculpt Circuit (V)</b> <b>1500 FIP (I)</b> <b>1800 Peaceful Power Yoga (V)</b>	<b>14</b> <b>0800 20-Min Spin (V)</b> <b>1700 Power Push Workout (V)</b>	<b>15</b> <b>0600 FIP (I)</b> <b>1300 Functional Fitness (I)</b> <b>1500 FIP (I)</b> <b>1530 Strength &amp; Spin (I)</b> <b>1800 Peaceful Power Yoga (V)</b>	<b>16</b> <b>0800 20-Min Spin (V)</b> <b>1700 Power Push Workout (V)</b>	<b>17</b> <b>0600 FIP (I)</b> <b>0800 Pilates Sculpt Circuit (V)</b> <b>1800 Peaceful Power Yoga (V)</b>
<b>20</b> <b>0600 FIP (I)</b> <b>0800 Pilates Sculpt Circuit (V)</b> <b>1500 FIP (I)</b> <b>1800 Peaceful Power Yoga (V)</b>	<b>21</b> <b>0800 20-Min Spin (V)</b> <b>1700 Power Push Workout (V)</b>	<b>22</b> <b>0600 FIP (I)</b> <b>1300 Functional Fitness (I)</b> <b>1500 FIP (I)</b> <b>1530 Strength &amp; Spin (I)</b> <b>1800 Peaceful Power Yoga (V)</b>	<b>23</b> <b>0800 20-Min Spin (V)</b> <b>1700 Power Push Workout (V)</b>	<b>24</b> <b>0600 FIP (I)</b> <b>0800 Pilates Sculpt Circuit (V)</b> <b>1800 Peaceful Power Yoga (V)</b>
<b>27</b> <b>0600 FIP (I)</b> <b>0800 Pilates Sculpt Circuit (V)</b> <b>1500 FIP (I)</b> <b>1800 Peaceful Power Yoga (V)</b>	<b>28</b> <b>0800 20-Min Spin (V)</b> <b>1700 Power Push Workout (V)</b>	<b>29</b> <b>0600 FIP (I)</b> <b>1300 Functional Fitness (I)</b> <b>1500 FIP (I)</b> <b>1530 Strength &amp; Spin (I)</b> <b>1800 Peaceful Power Yoga (V)</b>	<b>30</b> <b>0800 20-Min Spin (V)</b> <b>1700 Power Push Workout (V)</b>	<b>31</b> <b>0600 FIP (I)</b> <b>0800 Pilates Sculpt Circuit (V)</b> <b>1800 Peaceful Power Yoga (V)</b>

Instructed Classes (I)

Sweat On Demand (V)

Reservations are not required; all classes are free.





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**FITNESS IMPROVEMENT PROGRAM (FIP)** Physical conditioning program that highlights total fitness to include aerobic conditioning, strength and flexibility training. ~Taught by FAC~

**EQUIPMENT ORIENTATION** You've made the choice and now you're ready! Let our staff guide you through the Fitness Center. This orientation is designed to introduce you to all equipment in and around our facility. ~Individual appointments available upon request.~

**FUNCTIONAL FITNESS** This strength and conditioning class is made up of functional movements performed at a high intensity level ultimately improving your strength, cardiovascular endurance, flexibility and speed. The class will be held at the **SPIRIT TENT**. ~Taught by TSgt Eric Kunkel ~

**POWER PUSH WORKOUT** These upper body push exercises to promote strength and power. Targeted toning is how this 15-minute push routine can help you take it to the next level, challenging your chest, shoulders, and triceps with every rep. ~Sweat on Demand~

**PILATES PUSH WORKOUT** Prepare to work your entire body and move your spine in all the ways. We'll perform 10 Mat Pilates exercises in an interval circuit format, working for 45 seconds, resting for 15 seconds. ~Sweat on Demand~

**PEACEFUL POWER YOGA** Power yoga is a Vinyasa advanced yoga style class that couples breath and movement in a dynamic way to build strength, endurance, balance, focus, and flexibility. ~Sweat on Demand~

**20 MINUTE SPIN** 5 fat-scorching drills, synced to 5 energizing songs, get the heart rate pumping and the sweat flowing. ~Sweat on Demand~

**STRENGTH AND SPIN** This class will use both fat and glucose energy systems to support improved body composition changes and increase aerobic/muscular fitness using a stationary bike ride and body weight exercises. This is a beginner level class and we will progress with consistency. ~Taught by Alicia Ferris-Dannenberg~

~Fitness Center Phone Number: 660-687-5496 ~all classes are FIP approved~

For more information on the Mock FA please contact the Fitness Assessment Cell at 660-687-2869 or [fac2@us.af.mil](mailto:fac2@us.af.mil)

[www.whitemanforcesupport.com](http://www.whitemanforcesupport.com)

