

January 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~

MON	TUE	WED	THU	FRI
1 NEW YEARS DAY	2 FAMILY DAY	3 0600 FIP (I) 1500 FIP (I) 2000 FIP (I) 1700 Peaceful Power Yoga (V)	4 0800 20-Min Spin (V) 1700 Power Push Workout (V)	5 0600 FIP (I) 0800 Pilates Sculpt Circuit (V) 1800 Peaceful Power Yoga (V)
8 0600 FIP (I) 1500 FIP (I) 2000 FIP (I) 1800 Peaceful Yoga (V)	9 0800 20-Min Spin (V) 1200 Lunch Time Sweat (I) 1530 Strength & Spin (I) 1800 Power Push Workout (V)	10 0600 FIP (I) 1500 FIP (I) 2000 FIP (I) 1700 Peaceful Power Yoga (V)	11 0800 20-Min Spin (V) 1700 Power Push Workout (V)	12 FAMILY DAY
15 MARTIN LUTHER KING DAY	16 0800 20-Min Spin (V) 1200 Lunch Time Sweat (I) 1800 Power Push Workout (V)	17 0600 FIP (I) 1500 FIP (I) 2000 FIP (I) 1700 Peaceful Power Yoga (V)	18 0800 20-Min Spin (V) 1700 Power Push Workout (V)	19 0600 FIP (I) 0800 Pilates Sculpt Circuit (V) 1800 Peaceful Power Yoga (V)
22 0600 FIP (I) 1500 FIP (I) 2000 FIP (I) 1800 Peaceful Yoga (V)	23 0800 20-Min Spin (V) 1200 Lunch Time Sweat (I) 1530 Strength & Spin (I) 1800 Power Push Workout (V)	24 0600 FIP (I) 1500 FIP (I) 2000 FIP (I) 1700 Peaceful Power Yoga (V)	25 TRAINING DAY	26 0600 FIP (I) 0800 Pilates Sculpt Circuit (V) 1800 Peaceful Power Yoga (V)
29 0600 FIP (I) 1500 FIP (I) 2000 FIP (I) 1800 Peaceful Yoga (V)	30 0800 20-Min Spin (V) 1200 Lunch Time Sweat (I) 1530 Strength & Spin (I) 1800 Power Push Workout (V)	31 0600 FIP (I) 1500 FIP (I) 2000 FIP (I) 1700 Peaceful Power Yoga (V)		

~Fitness Center Phone Number: 660-687-5496

~all classes are FIP approved~

www.whitemanforcesupport.com



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FITNESS IMPPROVEMENT 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.~

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 SCULPT CIRCUIT 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~

LUNCH TIME SWEAT Get up and get moving, push through the lunch time hour with a full body workout, working on cardio, core and upper body. ~Taught by SrA Nathan Smith~



JOANNA HART
NASM CERTIFIED
PRE/POST NATAL CPT AND
PPSC CERTIFIED
PERSONAL TRAINER

MEET YOUR FITNESS GOALS AND BE HELD ACCOUNTABLE!

BIKINI & BODY BUILDING
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youtube: Joanna Rohlf

CONTACT ME FOR PRICING AND PACKAGE OPTIONS!



FAITH MORGAN
ISSA CERTIFIED
Strength & Conditioning Coach
Personal Trainer

Build Confidence,
See Results!

REACH YOUR GOALS IN

- Athletic Performance
- Strength Training
- Weight Loss
- Endurance Training
- Nutrition
- And More!

Contact me for pricing and package options!

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