



GX Class Schedule: October



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
Class Location	\$ = 1 GX Sticker \$* = Combo Class GX Single = \$3 GX 10 Pck = \$25		9:00 BodyPump \$	9:00 Zumba \$	9:00 BodyCombat \$	8:45 BodyPump \$*
Fleet Rec GX Studio			9:40 HIIT	9:30 HIIT	10:30 Zumba	10:00 BodyAttack\$*
Fleet Rec Cycle Studio			10:30 Zumba \$	10:30 BodyPump EXP \$		
Purdy Pavilion			10:30 Gentle Yoga	17:00 BodyPump \$		
Ikego Asuka Tower			11:30 Spin	17:30 Indoor Cycling		
Outside Ikego Campground			16:15 Sunset Yoga	19:00 Vinyasa Yoga		
			16:30 BodyBalance \$			
			17:00 BodyCombat \$			
5	6	7	8	9	10	11
8:45 BodyPump \$	8:45 BodyAttack EXP \$	9:00 Zumba	9:00 BodyPump \$	9:00 Zumba \$	9:00 BodyCombat \$	8:45 BodyPump \$*
9:00 Indoor Cycling	9:00 BodyPump \$	9:00 Zumba	9:40 HIIT	9:15 Vinyasa Yoga	17:00 BodyCombat \$	10:00 BodyCombat \$*
10:00 BodyCombat \$	9:30 Morning Reset Yoga	9:30 HIIT	10:30 Gentle Yoga	10:30 BodyPump EXP \$		
	11:30 Spin	10:30 Vinyasa Yoga	11:30 Spin	11:30 Vinyasa Yoga		
	17:00 BodyPump \$*	17:00 BodyPump \$*	16:15 Sunset Yoga	17:00 BodyPump \$		
	18:10 BodyBalance \$*	18:10 BodyBalance \$*	16:30 BodyBalance \$	17:30 Indoor Cycling		
		17:30 Indoor Cycling	17:00 BodyCombat \$	19:00 Vinyasa Yoga		
12	13	14	15	16	17	18
8:45 BodyPump \$	Federal Holiday: COLUMBUS DAY All Regularly scheduled class are CANCELLED	9:00 Zumba	9:00 BodyPump \$	9:00 Zumba \$	9:00 BodyCombat \$	8:45 BodyPump \$*
9:00 Indoor Cycling		9:00 Zumba	10:30 Zumba \$	9:15 Vinyasa Yoga	10:30 Zumba	10:00 BodyAttack \$*
10:00 BodyCombat \$		10:30 Vinyasa Yoga	10:30 Gentle Yoga	10:30 BodyPump EXP \$	17:00 BodyCombat \$	
		17:00 BodyPump \$*	11:30 Spin	11:30 Vinyasa Yoga		
		18:10 BodyBalance \$*	16:15 Sunset Yoga	17:00 BodyPump \$		
		17:30 Indoor Cycling	16:30 BodyBalance \$	17:30 Indoor Cycling		
			17:00 BodyCombat \$	19:00 Vinyasa Yoga		
19	20	21	22	23	24	25
8:45 BodyPump \$	8:45 BodyAttack EXP \$	9:00 Zumba	9:00 BodyPump \$	9:00 Zumba \$	9:00 BodyCombat \$	8:45 BodyPump \$*
9:00 Indoor Cycling	9:00 BodyPump \$	9:00 Zumba	9:40 HIIT	9:15 Vinyasa Yoga	10:30 Zumba	10:00 BodyCombat \$*
10:00 BodyCombat \$	9:30 Morning Reset Yoga	10:30 Slow Flow Yoga	10:30 Zumba \$	9:30 HIIT	17:00 BodyCombat \$	
	10:15 Vinyasa Yoga	10:30 Vinyasa Yoga	10:30 Gentle Yoga	10:30 BodyPump EXP \$		
	11:30 Spin	17:00 BodyPump \$*	11:30 Spin	11:30 Vinyasa Yoga		
	17:00 BodyPump \$*	18:10 BodyBalance \$*	16:15 Sunset Yoga	17:00 BodyPump \$		
	18:10 BodyBalance \$*	17:30 Indoor Cycling	16:30 BodyBalance \$	17:30 Indoor Cycling		
		18:00 Wind Down Yoga	17:00 BodyCombat \$	19:00 Vinyasa Yoga		
26	27	28	29	30	31	
8:45 BodyPump \$	8:45 BodyAttack EXP \$	9:00 Zumba	9:00 BodyPump \$	9:00 Zumba \$	9:00 BodyCombat \$	
9:00 Indoor Cycling	9:00 BodyPump \$	9:00 Zumba	9:40 HIIT	9:15 Vinyasa Yoga	10:30 Zumba	
10:00 BodyCombat \$	9:30 Morning Reset Yoga	9:30 HIIT	10:30 Zumba \$	9:30 HIIT	17:00 BodyCombat \$	
	10:15 Vinyasa Yoga	10:30 Slow Flow Yoga	10:30 Gentle Yoga	10:30 BodyPump EXP \$		
	11:30 Spin	10:30 Vinyasa Yoga	11:30 Spin	11:30 Vinyasa Yoga		
	17:00 BodyPump \$*	17:00 BodyPump \$*	16:15 Sunset Yoga	17:00 BodyPump \$		
	18:10 BodyBalance \$*	18:10 BodyBalance \$*	16:30 BodyBalance \$	17:30 Indoor Cycling		
		17:30 Indoor Cycling	17:00 BodyCombat \$	19:00 Vinyasa Yoga		
		18:00 Wind Down Yoga				

All GX Classes are
FREE for Active Duty
****Must Show ID****



GX Class Description



HIIT (High-Intensity Interval Training) a workout method that alternates between short bursts of intense, all-out exercise and brief periods of low-intensity recovery or rest. These workouts can include various activities for burning lots of calories in less time, and improving cardiovascular fitness.

INDOOR CYCLING is a low impact exercise designed to improve your cardiovascular health. Benefits include strength and endurance but will also challenge your core engagement. With emphasis on high-intensity training, indoor cycling will assist in burning the most calories in a short period of time and intended for all levels.

LES MILLS BODYATTACK ® A high-energy sports conditioning class with moves that cater to total beginners as well as advanced members. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. Improves coordination and agility, while maximizing cardio stamina.

LES MILLS BODYBALANCE ® Ideal for anyone and everyone. It is a new generation yoga class that will improve your mind, your body and your life. Expect to bend and stretch through a series of simple yoga moves, elements of Tai Chi and Pilates. Instructors will always provide options for those just getting started.

LES MILLS BODYCOMBAT ® A no-contact, high energy martial arts inspired workout where you punch and kick your way to fitness! No experience needed. Release stress, have a blast and feel like a champ!

LES MILLS BODYPUMP ® A total body workout using light to moderate weights with many repetitions. Instructors will coach you through the moves & techniques while encouraging and motivating you to achieve a stronger, healthier body.

SPIN Rev up your fitness in our high-energy Spin Class! Burn calories, boost endurance, and tone muscles in this fun, fast-paced workout. Whether you're a beginner or pro, the instructor will guide you through challenging intervals and energizing tunes.

VINYASA YOGA A flowing, breath-synchronized style of yoga that builds strength, flexibility, and balance. Great for all levels looking to energize the body and calm the mind.

ZUMBA ® A total workout, combining all elements of fitness— cardio, muscle conditioning, balance, flexibility, to boost your energy. The mix of low and high-intensity moves provides for an interval-style, calorie-burning dance fitness party.

****Please note that this schedule is subject to change****