

Fitness Center Classes

DEPARTMENT OF THE AIR FORCE



FITNESS & SPORTS

PETERSON SPACE FORCE BASE

Mondays

SPINNING

Strength 6-7 a.m.

Interval 12:15-1:15 p.m.

AEROBICS

Shine Dance 11 a.m.

Zumba 12:05-1:05 p.m.

Tuesdays

SPINNING

Strength 11 a.m.-12 p.m.

AEROBICS

Yoga Tone 11 a.m.-12 p.m.

Zumba 12:05 a.m.-1:05 p.m.

Zumba 4:30-5:30 p.m.

Wednesdays

SPINNING

Interval 12:15-1:15 p.m.

AEROBICS

HIIT 11 a.m.

GREEN: FIP Program

Thursdays

SPINNING

Spin Abs 11 a.m.-12 p.m.

AEROBICS

Yoga 12:05 p.m.

Zumba 4:30-5:30 p.m.

Fridays

SPINNING

Interval 6-7 a.m.

Strength 12:15-1:15 p.m.

AEROBICS

Kickboxing 11 a.m.-12 p.m.

Zumba 12:05-1:05 p.m.

TAEKWONDO

Mondays and Thursdays

5:45-6:30 p.m. (Ages 8-12)

6:30-7:15 p.m. (Ages 13 & Up)

\$70 per individual; \$50 additional

S.L.A.M.

Monday - Friday: 9:30 a.m.

\$45 per month pass or \$9 per person/per class

Bootcamp: Work your entire body, heart and muscles, going to and from one exercise to another with no rest. Involves calisthenics and other body weight exercises. Your challenge is to take your body to its limit. You work, you sweat, and best of all, you burn calories like crazy.

High-intensity interval training(HIIT): Training protocol alternating short periods of intense or explosive anaerobic exercise with brief recovery periods until the point of exhaustion. The method involves exercises performed in repeated quick bursts at maximum or near maximal effort with periods of rest or low activity between bouts.

Kickboxing: This class consists of box aerobics, kickboxing and martial art moves, put all together in a fast action, exciting and powerful format. Works all major muscle groups to include cardio and can be modified to any fitness level.

Spin Interval: Emphasis on speed, temps, timing and rhythm. Movements may include high rpm pedaling on the flats, acceleration drills and recovery stretches. The goal is to develop the ability to recover quickly after work efforts.

Spin Strength: Hills and more hills, this class is characterized by muscular endurance drills, both seated & standing.

Spin Abs: This class combines traditional spin, with an emphasis on the entire midsection, to give you an intense ab/cardio workout.

Zumba: A fusion of Latin and International music dance themes that create a dynamic, exciting, and based on the principle that a workout should be "FUN AND EASY TO DO." The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

Yoga: A class designed to improve the health, performance, and mental acuity of athletes or individuals interested in improving their level of fitness.

