



# April Aerobics Calendar



Follow "Whiteman Air Force Base Fitness Center" on Facebook to stay informed about news and events

## 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> 0600 FIP (I) 1000 Wood's Workout (I) 1700 Strength Calisthenics (I) 1800 Aerobic Circuit Training (I) <b>COLOR RUN</b> <b>5K</b>
<b>4</b> 0600 FIP (I) 0800 Spin the Block (I) 1500 FIP (I) 1800 HIIT (I)	<b>5</b> 0800 Vinyasa Flow Yoga (I) 1000 Power Hour (I) 1100 Vinyasa Flow Yoga 1700 Strength Calisthenics (I)	<b>6</b> 0600 FIP (I) 0800 Spin the Block (I) 1000 Wood's Workout (I) 1100 Strength and Conditioning (I) 1500 FIP (I) 1800 Aerobic Circuit Training (I)	<b>7</b> 800 Vinyasa Flow Yoga (I) 1000 Power Hour (I) 1100 Vinyasa Flow Yoga (I) 1700 Vinyasa Flow Yoga (I) 1800 HIIT (I)	<b>8</b> 0600 FIP (I) 1000 Wood's Workout (I) 1700 Strength Calisthenics (I) 1800 Aerobic Circuit Training (I)
<b>11</b> 0600 FIP (I) 0800 Spin the Block (I) 1500 FIP (I) 1800 HIIT (I)	<b>12</b> 0800 Vinyasa Flow Yoga (I) 1000 Power Hour (I) 1100 Vinyasa Flow Yoga 1700 Strength Calisthenics (I)	<b>13</b> 0600 FIP (I) 0800 Spin the Block (I) 1000 Wood's Workout (I) 1100 Strength and Conditioning (I) 1500 FIP (I) 1800 Aerobic Circuit Training (I)	<b>14</b> 800 Vinyasa Flow Yoga (I) 1000 Power Hour (I) 1100 Vinyasa Flow Yoga (I) 1800 HIIT (I)	<b>15</b> 0600 FIP (I) 1000 Wood's Workout (I) 1700 Strength Calisthenics (I) 1800 Aerobic Circuit Training (I)
<b>18</b> 0600 FIP (I) 0800 Spin the Block (I) 1500 FIP (I) 1800 HIIT (I)	<b>19</b> 0800 Vinyasa Flow Yoga (I) 1000 Power Hour (I) 1100 Vinyasa Flow Yoga 1700 Strength Calisthenics (I)	<b>20</b> 0600 FIP (I) 0800 Spin the Block (I) 1000 Wood's Workout (I) 1100 Strength and Conditioning (I) 1500 FIP (I) 1800 Aerobic Circuit Training (I)	<b>21</b> 0800 Vinyasa Flow Yoga (I) 1000 Power Hour (I) 1100 Vinyasa Flow Yoga (I) 1700 Vinyasa Flow Yoga (I) 1800 HIIT (I)	<b>22</b> 0600 FIP (I) 1000 Wood's Workout (I) 1700 Strength Calisthenics (I) 1800 Aerobic Circuit Training (I)
<b>25</b> 0600 FIP (I) 0800 Spin the Block (I) 1500 FIP (I) 1800 HIIT (I)	<b>26</b> 0800 Vinyasa Flow Yoga (I) 1000 Power Hour (I) 1100 Vinyasa Flow Yoga 1700 Strength Calisthenics (I)	<b>27</b> 0600 FIP (I) 0800 Spin the Block (I) 1000 Wood's Workout (I) 1100 Strength and Conditioning (I) 1500 FIP (I) 1800 Aerobic Circuit Training (I)	<b>28</b> 800 Vinyasa Flow Yoga (I) 1000 Power Hour (I) 1100 Vinyasa Flow Yoga (I) 1700 Vinyasa Flow Yoga (I) 1800 HIIT (I)	<b>29</b> 0600 FIP (I) 1000 Wood's Workout (I) 1700 Strength Calisthenics (I) 1800 Aerobic Circuit Training (I)



Sweat On Demand is available for all customers and guest to use!  
Reservations are not required, all classes are free.





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**MOCK FA** A Mock PT test conducted just like the real deal, with waist measurement, push-ups, sit-ups, and the 1.5 mile run. Members will be given tape measure and will do their own waist measurement if desired. ~Contact FAC to schedule~

**FITNESS IMPROVEMENT PLAN (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.~

**STRENGTH AND CONDITIONING** Challenging workout incorporating a variety of endurance and strength activities. ~Taught by A1C Morgan Dey~

**VINYASA FLOW YOGA** Vinyasa is a style of yoga characterized by stringing postures together so that you move from one to another, seamlessly, using your breath. This class will move you from pose to pose that will test your muscle strength and balance while actively deep stretching primary muscle groups. Please bring water. ~Taught by SSgt Marjoree Sanchez~

**STRENGTH CALISTHENICS** This workout is designed to body to maximize strength and performance. The exercises will include various techniques that provide a different approach rather than lifting weights or running on the treadmill. ~ Taught by A1C Izeyah Minix~

**AEROBIC CIRCUIT TRAINING** A challenging form of fitness training that will include a wide variety of strength, aerobic endurance, and flexibility exercises. ~Taught by SrA Daniel Duenas~

**SPIN THE BLOCK** This spin workout is designed to improve your cardiovascular health, endurance and overall physical fitness well-being. It will be working a variety of muscles in the lower body to get the heart pumping. ~Taught by SrA Zachary Holmes~

**POWER HOUR** This workout is designed to target the major muscles and ultimately tone the body to get you in better shape. ~Taught by SrA Jaylen Lovett~

**HIIT** Designed to involve high interval training that will include fast pace exercises at high intensity to help build endurance and overall improve their quality of life. ~Taught by A1C Dylan Sweeney~

**WOODS WORKOUT** This workout is designed to target the entire body and make you sweat more than ever. Just put in the work and the results will show. It's "the right way to start the day!" ~Taught by A1C Duane Woodson~

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.whitemanffs.com/fitness-center](http://www.whitemanffs.com/fitness-center)

