

FEE FOR SERVICE CLASSES NOVEMBER 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0545	\$ HEAT Resurrected WFC W/ Mac		\$ HEAT Resurrected FFA W/ Mac			
0800						
1000						
1545	\$ Judo Sport Bldg. 520 w/Don					
1600	\$ Adrenaline RUSH WFC W/ Devin 1600-1700	\$ Adrenaline RUSH** WFC W/ Devin 1600-1700	\$ Adrenaline RUSH WFC W/ Devin 1600-1700	\$ Adrenaline RUSH** WFC W/ Devin 1600-1700		
1700	\$ Youth Karate *1700-1750* (Ages 5-12) Bldg.520 w/Jose		\$ Youth Karate *1700-1750* (Ages 5-12) Bldg.520 w/Jose		\$ Judo Sport: Bldg. 520 w/Don *1730-1900*	
1800	\$ Adult Karate Bldg.520 w/Jose		\$ Adult Karate Bldg.520 w/Jose			

HOLIDAY HOURS:

MON 12 NOV ~ VETERANS DAY

FRI 23 NOV ~ AFMC FAMILY DAY

0730-1600

No Classes Held

\$ Represents a pay per use or instructional program, please contact the instructor listed for program details.
Please make all payments to the Warrior Fitness Center, M-F 0600-1800. Cash, Check, or Credit Accepted.
Contractors cannot accept payments!

CLASS DESCRIPTION AND FEES:

(\$ Adrenaline RUSH Boot Camp Program: Conquer your fitness goals in an effective boot camp program designed to increase your calorie burning, strengthen & sculpt your entire body by focusing on the next step of "leaning" up the body through tailored muscle isolation exercises to shed unwanted body fat. Build lean muscle mass in a total of 1,440 minutes of exercises. Amplify your cardiovascular and muscular strength using HIIT Techniques, dynamic movements, explosive resistant exercises and weight training and an infusion of Pilates and Yoga; Turbo-Kick, Strength Training for 60 solid minutes per class to drive your energy output through the roof! BOSU, Kettle-bells, bands, weights, medicine balls, ropes, boxes, tires, sandbags, TRX and other equipment will be used. Receive a workout prescription, weekly fit tips and nutrition goals and healthy recipes that will keep you fit and fabulous no matter what the season is! Receive 18 challenging classes, a workout prescription, fit tips, recipes and nutrition goals!

Classes 1600-1700 Mon – Thurs; (class day/time subject to change) Price: \$90 Session
Punch Pass available for \$60 Contact Devin at devin.gongora@gmail.com or 801-458-1343 to register!

(\$ HEAT Resurrected: Designed for the Novice or Pro using the High Intensity Interval Training (HIIT) principal, HEAT encompasses a variety of circuit training workouts in a group format. 45 min of challenging cardio & strength training exercises are used to help with fat loss, build muscle, improve heart/aerobic fitness and ensure maximum calorie burn. TRX system, Body weight, Resistance bands, Kettle Bells and Free Weights are used for strength and resistance training. BOSU and Stability Balls along with a variety of abdominal exercise routines are used to develop overall balance and core strength.

Session dates: Mon/Wed from 0545-0630 Prices: 1 day/week, 4 sessions total \$24; 2 days/week, 8 sessions total \$40
Contact Mac at mtmay22@msn.com or 801-721-5832 to register!

(\$ Judo Sport: High intensity, short duration physical sport involving throwing & grappling techniques; great for total body fitness.
Price: \$25/1 day a week; \$40 per month; \$50 for 10 class Individual Punch Pass.

(\$ Tae Kwon Do: Classes consist of a combination of soft and hard style martial arts; principal activities include but are not limited to physical conditioning, self-defense, spaRing and weapons instruction. Sensei Garcia is a 2nd Degree Black Belt with many years of experience in Karate, Taekwondo, Kickboxing, Kung Fu, Kenpo and more; he has taught in California and Utah for over 10 years.
Price: \$55 per month



FREE CLASSES NOVEMBER 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0600	AD Circuit/FIP: Hess FC / FFA Fitness Staff	AD Circuit/FIP: Hess FC / FFA Fitness Staff	AD Circuit/FIP: Hess FC / FFA Fitness Staff	AD Circuit/FIP: Hess FC / FFA Fitness Staff	AD Circuit/FIP: Hess FC / FFA Fitness Staff	
0900	Barre' WFC / Aerobic Studio Millennium staff	Power Tone WFC / Aerobic Studio Millennium Staff	Barre' WFC / Aerobic Studio Millennium Staff	Power Tone WFC / Aerobic Studio Millennium Staff	Barre' WFC / Aerobic Studio Millennium Staff	Zumba Toning: WFC / Aerobic Studio Millennium Staff
1000		Zumba: WFC/Aerobic Studio Millennium Staff		Zumba: WFC/Aerobic Studio Millennium Staff	<p style="text-align: center;"><u>Warbird CrossFit</u> <u>Classes!</u></p> <p style="text-align: center;"><u>Mon/Tues/Thurs</u> 0600, 1100, 1200, 1700 Functional Fitness Area Hess FC, Bldg 520</p>	
1600	Power Tone: WFC/Aerobic Studio Millennium Staff	Power Yoga: WFC/Aerobic Studio Millennium Staff	Power Tone: WFC/Aerobic Studio Millennium Staff	Slow Flow Yoga: WFC/Aerobic Studio Millennium Staff		
1700	Zumba: WFC/Aerobic Studio Millennium Staff		Zumba: WFC/Aerobic Studio Millennium Staff			

Class Descriptions:

AD (Active Duty) Circuit/FIP (Fitness Improvement Program)/ Boot Camp: for Active Duty Military and Reservists – 45 minutes of constantly varied, high intensity functional training; develops cardiovascular and respiratory endurance, stamina, strength, flexibility, power, speed, agility, balance, coordination, and accuracy. Classes held in the Functional Fitness Area. May be moved outside weather permitting!

Fitness Orientation: 50 minutes of selectorized strength training instruction. Ask fitness staff how to schedule your appointment.

Barre: Combination of Ballet technique, Pilates movement principles and light weight lifting to provide an energizing workout that strengthens, stretches, and tones the whole body.

Power Tone: An overall body workout that increases strength and endurance by using quick cardio drills, and powerful resistance training. Sculpt your body with all your power!

Power Yoga: A more advanced and energetic flow of poses and postures, with a focus on gaining flexibility and increasing strength. All levels are welcome and modifications will be provided.

Slow Flow Yoga: A Vinyasa style class at a slower pace, focused on basic postures, and linking movement. Great class for beginners!

Zumba: A fusion of Latin and International Dance creating a dynamic, exciting and effective fitness workout that is just like a party...Latin style!

Zumba Toning: A combination of targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching strength-training dance fitness-party. Zumba Toning is the perfect way for enthusiasts to sculpt their bodies naturally while having fun!

Warrior Fitness Center ~ Bldg 533
Hess Fitness Center ~ Bldg 520
Functional Fitness Area ~ Bldg 520

Monday-Friday: 0530-2100

Saturday-Sunday: 0730-1600

Holiday/Family Days: 0730-1600

Phone: 801-777-2761 or 801-777-2762

<https://75fss.com/fitness>

<https://facebook.com/pages/Hill-AFB-Warrior-Fitness-Center>

IG: @hillafbwarriorfit

Pool Information

****The Outdoor Pool is Closed for the season****

ACTIVE DUTY can swim for **FREE** at Layton Surf-n-Swim and Clearfield Aquatic Center with their **ACTIVE DUTY CAC**. **ACTIVE DUTY** will need to show their CAC to the Surf-n-Swim Admin and PRINT and SIGN in on the log.

Questions? Call 801-777-9666