

***Yorktown Naval Weapons Station
Cheatham Annex Gym
Group Exercise Schedule of Class***

<i>DAY</i>	<i>CLASS</i>	<i>TIME</i>	<i>LOCATION</i>
<i>MONDAY</i>	TNT (Tighten and Tone)	1130-1230	Sports Zone (Yorktown)
	Cardio Kickboxing	1630-1730	Sports Zone (Yorktown)
<i>TUESDAY</i>	Lunch Time Aerobics	1100-1200	CAX Gym
	Power Step	1130-1230	Sports Zone (Yorktown)
	Cardio Kickboxing	1630-1730	Sports Zone (Yorktown)
<i>WEDNESDAY</i>	Early Bird Aerobics	0700 - 0800	CAX Gym
	Cardio Sculpt	1130-1230	Sports Zone (Yorktown)
	Cardio Kickboxing	1630-1730	Sports Zone (Yorktown)
<i>THURSDAY</i>	Lunch Time Aerobics	1100-1200	CAX Gym
	TNT (Tighten and Tone)	1130-1230	Sports Zone (Yorktown)
	Cardio Kickboxing	1630-1730	Sports Zone (Yorktown)
<i>FRIDAY</i>	Jump, Jab, and ABs	1130-1230	Sports Zone (Yorktown)

CLASS DESCRIPTIONS

TNT (Tighten and Tone) – 30 minutes of muscle endurance using weighted body bars and free weights, resulting in total body sculpting.

Power Step – This class gives the beginning fitness person a workout, plus the skills and education needed to make taking step safe and effective.

Cardio Sculpt – Interval training with weights, tubes and heart-pounding stepping.

Jump, Jab, and Abs - A great aerobic workout incorporating shadow boxing, jump roping, and an ab burning workout.

Cardio Kickboxing – Combine defense training with aerobic activity. Learn kicks, blocks and punches while melting off the pounds. Great upper and lower body workout.