

# October Aerobics Calendar

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## 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~

MON	TUE	WED	THU	FRI
	<b>1</b> 0600 Kettlebell Class (I) 0800 20-Min Spin (V) 1100 Strength & Endurance Clinic (I) 1400 Mock PFA (I) 1530 Strength & Spin (I) 1800 Power Push Workout (V)	<b>2</b> 1700 Peaceful Power Yoga (V)	<b>3</b> 0600 Running Class (I) 0800 20-Min Spin (V) 0900 Mock PFA (I) 1100 Cardio Clinic (I) 1700 Power Push Workout (V)	<b>4</b> 0800 Pilates Sculpt Circuit (V) 1800 Peaceful Power Yoga (V)
<b>7</b> 1800 Peaceful Yoga (V)	<b>8</b> 1100 Strength & Endurance Clinic (I) 1400 Mock PFA (I) 1530 Strength & Spin (I) 1730 Kettlebell Class (I) 1800 Power Push Workout (V)	<b>9</b> 1700 Peaceful Power Yoga (V)	<b>10</b> 0800 20-Min Spin (V) 0900 Mock PFA (I) 1100 Cardio Clinic (I) 1730 Running Clinic (I)	<b>11</b>  <b>Family Day</b>
<b>14</b>  <b>Holiday</b>	<b>15</b> 0600 Kettlebell Class (I) 0800 20-Min Spin (V) 0900 Strength & Endurance clinic (I) 1100 Mock PFA (I) 1530 Strength & Spin (I) 1800 Power Push Workout (V)	<b>16</b> 1700 Peaceful Power Yoga (V)	<b>17</b> 0600 Running Clinic (I) 0800 20-Min Spin (V) 1100 Mock PFA (I) 1400 Cardio Clinic (I) 1700 Power Push Workout (V)	<b>18</b> 0800 Pilates Sculpt Circuit (V) 1800 Peaceful Power Yoga (V)
<b>21</b> 1800 Peaceful Yoga (V)	<b>22</b> 0800 20-Min Spin (V) 1100 Strength & Endurance Clinic (I) 1400 Mock PFA (I) 1530 Strength & Spin (I) 1730 Kettlebell Class (I) 1800 Power Push Workout (V)	<b>23</b> 1700 Peaceful Power Yoga (V)	<b>24</b> 0800 20-Min Spin (V) 0900 Mock PFA (I) 1100 Cardio Clinic (I) 1700 Power Push Workout (V) 1730 Running Clinic (I)	<b>25</b> 0800 Pilates Sculpt Circuit (V) 1800 Peaceful Power Yoga (V)
<b>28</b> 1800 Peaceful Yoga (V)	<b>29</b> 0600 Kettlebell Class (I) 0800 20-Min Spin (V) 0900 Strength & Endurance clinic (I) 1100 Mock PFA (I) 1530 Strength & Spin (I) 1800 Power Push Workout (V)	<b>30</b> 1700 Peaceful Power Yoga (V)	<b>31</b>  <b>Training Day</b> <b>24/7 Access Only</b>	

### Class Key:

(I) Instructor Led  
(V) Virtually Led

~Fitness Center Phone Number: 660-687-5496

~all classes are FIP approved~

[www.whitemanforcesupport.com](http://www.whitemanforcesupport.com)



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Cardio Clinic	<b>Instructor: FAC Team /Location: Fitness Center Aerobics Room/Cardio Room/Track</b> A group workout focused on improving participants' 1.5 mile run time and 20-meter shuttle run performance. Tracking participants' running times and shuttle completion and monitoring progress toward individual goals through regular assessments.
Strength & Endurance Clinic	<b>Instructor: FAC Team /Location: Fitness Center Aerobics Room</b> Participants can enhance performance in sit-ups, hand release push-ups, cross leg reverse crunches, and plank times—key components of the AF Physical Fitness Assessment (PFA). Throughout the class members will have repetitions completed in each exercise tracked and have regular assessments to measure progress.
Mock PFA	<b>Instructor: FAC Team /Location: Fitness Center Aerobics Room/Track</b> In this clinic, members will undergo a mock PFA, with the 1.5-mile cardio component, providing a realistic test of their fitness level. It's important to note that this clinic won't be considered an official PFA, but rather a valuable opportunity for members to gauge their performance and identify areas for improvement.
Strength & Spin	<b>Instructor: Alicia Ferris-Dannenberg/Location: Fitness Center Aerobics Room</b> This class will use both fat and glucose energy systems to support improved body composition changes and increase aerobic/muscular fitness using a stationary bike ride and body weight exercises. Beginners are welcome!
Kettlebell/ Running Class	<b>Instructor: A1C Destani Thomas/Location: Fitness Center Aerobics Room</b> This class targets both body fat and glucose energy systems. Focusing on kettlebell exercises like swings, presses, and squats, it pairs strength and cardio for a full-body workout. Ideal for all fitness levels.
Power Push Workout	<b>Virtual Instructor: Sweat on Demand/Location: Fitness Center Aerobics Room</b> These upper body push exercises to promote strength and power. Targeted toning is how this 15-minute push routine can help you take it to the next level, challenging your chest, shoulders, and triceps with every rep.
Pilates Sculpt Circuit	<b>Virtual Instructor: Sweat on Demand/Location: Fitness Center Aerobics Room</b> Prepare to work your entire body and move your spine in all the ways. We'll perform 10 Mat Pilates exercises in an interval circuit format, working for 45 seconds, resting for 15 seconds.
Peaceful Power Yoga	<b>Virtual Instructor: Sweat on Demand/Location: Fitness Center Aerobics Room</b> Power yoga is a Vinyasa advanced yoga style class that couple's breath and movement in a dynamic way to build strength, endurance, balance, focus, and flexibility.
20 Minute Spin	<b>Virtual Instructor: Sweat on Demand/Location: Fitness Center Aerobics Room</b> 5 fat-scorching drills, synced to 5 energizing songs, get the heart rate pumping and the sweat flowing.
Equipment Orientation	<b>Appointments by Request/Location: Fitness Center Front Desk</b> 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.



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