

November 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
				1 1000 Kettlebell Class (I) 1400 Core Class (I)
4 0600 Kettlebell Class (I) 1400-Run Clinic (I)	5 1000 Kettlebell Class (I) 1530 Strength & Spin (I)	6 0600 Kettlebell Class(I) 1400-Run Clinic (I)	7 0600 Core Class (I) 1400 Core Class (I)	8 Family Day 24/7 Access Only
11 Holiday 24/7 Access Only	12 1530 Strength & Spin (I)	13 0600 Core Class	14 0600 Core Class (I) 1500 Run Clinic (I)	15 1500 Turkey Trot Event
18 0600 Kettlebell Class (I) 1400-Run Clinic (I)	19 1000 Kettlebell Class (I) 1530 Strength & Spin (I)	20 Training Day 24/7 Access Only	21 1030 Kettlebell Class (I) 1500 Run Clinic (I)	22 1000 Kettlebell Class (I) 1400 Core Class (I)
25 0600 Kettlebell Class (I) 1400-Run Clinic (I)	26 1000 Kettlebell Class (I) 1530 Strength & Spin (I)	27 0600 Core Class (I)	28 Holiday 24/7 Access Only	29 Family Day 24/7 Access Only

~Fitness Center Phone Number: 660-687-5496

~ After Hours Staff Contact: TSgt Lopez: 580-791-3666

~All classes are FIP approved~

Class Key:

(I) Instructor Led

www.whitemanforcesupport.com



November Aerobics Calendar

Strength & Spin

Instructor: Alicia Ferris-Dannenberg/Location: Fitness Center Aerobics Room
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 Class

Instructor: WAFB Fitness Center Staff/Location: Fitness Center Aerobics Room
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.

CORE Class

Instructor: WAFB Fitness Center Staff/Location: Fitness Center Aerobics Room
This class focuses on exercises that target the abdominals, lower back, hips and pelvis. The overall goal is to enhance core strength, improve overall stability, and support better athletic performance. Ideal for all fitness levels.

Running Class

Instructor: WAFB Fitness Center Staff/Location: Fitness Center Aerobics Room
This class focuses on improving technique, endurance, and overall fitness. Classes will include various work outs: speed drills, interval training, and long-distance running. Education on running form, injury prevention, and recovery will also be provided.

Equipment Orientation

Appointments by Request/Location: Fitness Center Front Desk
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.



Skedda
Reservation
System



SCAN ME!