

December 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~

MON	TUE	WED	THU	FRI
2 0600 Kettlebells (I) 1400 Run Clinic (I)	3 1000 Kettlebells (I) 1530 Strength&Spin (I)	4 24/7 Access Only	5 1000 Kettlebells (I) 1400 Core Class (I)	6 0600 Kettlebells (I) 1400 Run Clinic (I)
9 0600 Kettlebells (I) 1400 Run Clinic (I)	10 1000 Kettlebells (I) 1530 Strength&Spin (I)	11 0600 Kettlebells (I) 1400 Run Clinic (I)	12 1000 Kettlebells (I) 1400 Core Class (I)	13 0600 Kettlebells (I) 1400 Run Clinic (I)
16 0600 Kettlebells (I) 1400 Run Clinic (I)	17 1000 Kettlebells (I) 1530 Strength&Spin (I)	18 0600 Kettlebells (I) 1400 Run Clinic (I)	19 1000 Kettlebells (I) 1400 Core Class (I)	20 0600 Kettlebells (I) 1400 Run Clinic (I)
23	24	25 Holiday 24/7 Access Only	26 Family Day 24/7 Access Only	27
30	31			

Fitness Center Phone Number: 660-687-5496
 After Hours Staff Contact: TSgt Lopez: 580-791-3666
 All classes are FIP approved~

www.whitemanforcesupport.com

Class Key:
 (I) Instructor Led



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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.

SCAN ME!



Skedda
Reservation
System