


# ★ AEROBICS SCHEDULE - SEPTEMBER ★

Losano Fitness Center, BLDG 362, Phone 298-5251

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*All classes are FIT Approved*	AM PT SPIN will be available on reservations ONLY *contact fitness center*	1 0900 Aqua Fit 1030 Yoga 1200 Circuit Training 1800 Abs (30 min) 1830 Spin	2 0900 Power of 20 1200 Spin 1700 Yoga/Pilates 1800 Zumba 1830 Spin	3 1000 Pilates	4
6 Labor Day Holiday NO CLASSES	7 0900 Zumba Plus 1200 Power of 20 1700 Yoga/Pilates 1830 Spin	8 0900 Aqua Fit 1030 Yoga 1200 Circuit Training 1800 Abs (30 min) 1830 Spin	9 0900 Power of 20 1200 Spin 1700 Yoga/Pilates 1800 Zumba 1830 Spin	10 1100 Zumba 1200 Butts & Guts	11 1000 Spin Plus
13 0900 Spin Sculpt 1200 Cardio Sculpt 1700 Zumba 1800 Zumba	14 0900 Zumba Plus 1200 Power of 20 1700 Yoga/Pilates 1830 Spin	15 0900 Aqua Fit 1030 Yoga 1200 Circuit Training 1800 Abs (30 min) 1830 Spin	16 0900 Power of 20 1200 Spin 1700 Yoga/Pilates 1800 Zumba 1830 Spin	17 1000 Pilates	18 0900 Family Fun Fall Bike Ride
20 0900 Spin Sculpt 1200 Cardio Sculpt 1700 Zumba 1800 Zumba	21 0900 Zumba Plus 1200 Power of 20 1700 Yoga/Pilates 1830 Spin	22 0900 Aqua Fit 1030 Yoga 1200 Circuit Training 1800 Abs (30 min) 1830 Spin	23 0900 Power of 20 1200 Spin 1700 Yoga/Pilates 1800 Zumba 1830 Spin	24 1100 Zumba 1200 Butts & Guts	25 0900 10 K Run  1000 Spin Plus
27 0900 Spin Sculpt 1200 Cardio Sculpt 1700 Zumba 1800 Zumba	28 0900 Zumba Plus 1200 Power of 20 1700 Yoga/Pilates 1830 Spin	29 0900 Aqua Fit 1030 Yoga 1200 Circuit Training 1800 Abs (30 min) 1830 Spin	30 0900 Power of 20 1200 Spin 1700 Yoga/Pilates 1800 Zumba 1830 Spin		

## Family Fun Fall

### Bike Ride

*Saturday,  
September 18th  
@ 0900*

- Ride 6 miles around base!
- Begin and end at Losano Fitness Center
- Register at the front desk
- Participants must provide own bike and safety equipment

- Children must be accompanied by an adult at all times.
- Open to all AD, DoD and NAF Civilians, Retirees and Dep).

### 10 K Run/Walk

*Saturday,  
September 25th  
@ 0900*

*(check in @ 0830)*

- Great Half Marathon Training!
- Stroller babies and pets welcome
- REGISTER IN ADVANCE at the Losano Fitness Center.
- Top finishers receive an award!

Aqua Fit—The performance of aerobics exercise in shallow water.

Body Sculpt—Strength endurance training class using body bar and free weights to improve strength and shape and tone muscles.

Butts & Guts- Combining exercises to tone and shape the rear (the butt) and the abs (the gut).

Cardio Box-combines elements of boxing, martial arts, and aerobics to provide overall physical conditioning and toning.

Cardio Sculpt-Combines non-stop cardio, step and weights. Come prepared to sweat!

Circuit Training- A total body workout, moving from one exercise to another w/ little rest, keeping your heart rate up & challenging you the hour.

Power of 20- Can't choose between classes? Get them all here! 20 minute segments of cardio, strength training and core work—instructor's choice!

Spin- All classes are instructor choice; be ready to jump, climb, sprint and sweat your way to a fabulous body!

\* Spin classes every Monday @ 0630 - open to everyone with access to Losano Fitness Center, a PT group can reserve this class IN ADVANCE.

Spin Plus—Spin workout with a core strength segment.

Step- Utilizing the step at varying levels for a great calorie burn and always pushing your cardiovascular fitness.

Yoga - Incorporates asanas, mind-centering practices, stretching, relaxation, and breathing techniques. Release all the stresses of your day!

Zumba- Inspired by Latin dance, it mixes body sculpting movements and easy-to-follow dance steps.

Schedule/Classes are subject to change; we apologize in advance for any inconvenience. \*\*All classes are FIT approved\*\*



Get up. Get out. Get fit.  
Together.