

Tactical Fitness Center

Tactical Fitness Schedule

Monday
6 & 7 a.m. and 3 & 4 p.m.

Tuesday
12 p.m.
7 p.m.

Wednesday
6:30 & 7:30 a.m. and 3 & 4 p.m.

Thursday
12 p.m.
7 p.m.

P90X & Insanity Videos
are available
upon request



Hours of Operation

WEST FITNESS CENTER

Monday-Friday : 0500-2100
Saturday, Sunday,
Down days & Holidays: 0700-1500

EAST FITNESS CENTER

date to re-open TBD

PHONE NUMBERS

WEST FITNESS: 301-981-7101/7102

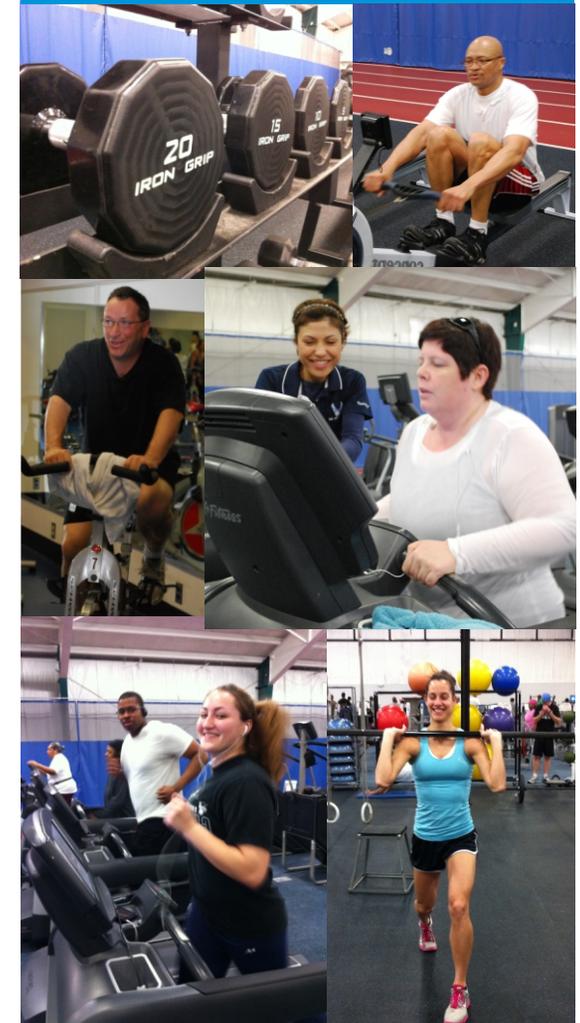
EAST FITNESS: 301-981-1610

HAWC: 240-857-5601



Get up. Get out. Get fit.
Together.

Joint Base Andrews Fitness Center



Class Description

Cardio Kickboxing (CKB)- intense cardiovascular/strength conditioning class that incorporates movements derived from boxing, and karate. Focus on punches and kicks that provides a vigorous, energetic, heart-pumping workout.

Indoor Cycling Stationary group cycling led by specially trained instructors. Specially designed bikes, set to motivational music, offers a complete cardiovascular training program to strengthen and tone body and mind. (WE RECOMMEND BEGINNERS MODIFY THEIR INTENSITY ON THEIR OWN FITNESS LEVEL.)

Interval moderate to high intensity workout that alternates periods of step with muscle conditioning.

Pilates a combination of exercises based on the concepts of Joseph Pilates. Benefits include increased muscle definition, improvements in coordination, flexibility and body awareness.

Fitness Improvement Program (FIP) for all Air Force members that received a composite fitness score of <75.

Equipment Orientation Explanation of all functions of all cardiovascular equipment, and proper set up in Strive, weight training equipment.

Monday

0600 Cycle
0900 Interval
1000 Pilates
1130 Step
1715 Zumba - held in the Tactical Room
1830 Pilates

Tuesday

0600 Power Pump
1200 Cycle
1715 Power Pump
1830 Cardio Kickboxing

Wednesday

0600 Cycle
0900 Power Stretch
1000 Step
1130 Zumba
1715 Cycle
1830 Zumba - held in the Tactical Room

Thursday

0600 Power Pump
0900 Abs, Buns and Ball
1200 Cycle
1715 Step
1830 Cycle

Friday

0600 Cycle
0600 Zumba
0900 Power Pump
1000 Power Stretch
1130 Yoga
1800 Zumba - held in the Tactical Room

Saturday

0900 Cycle
1000 Zumba - held in the Tactical Room
(except during UTA weekends)

(Equipment Orientation and FIP are available on appointment basis only)

ALL CLASSES ARE FREE AND ON A FIRST COME FIRST SERVE BASIS. Military members have priority and guests will be monitored in classes

Racquetball Players must wear proper court shoes.

Class Description

Power Pump weight training class, utilizing a variable weight barbell and weight plates to work through songs, each dedicated to conditioning a major muscle group. The perfect union of muscle and music.

Power Stretch designed to strengthen the bodies core while toning and increasing flexibility of the major muscles of the body. Comprised of a combination of Pilates, Resist-a-Ball and Yoga.

Step Low impact, moderate to high intensity step workout. (WE RECOMMEND BEGINNERS USE NO RISERS)

Zumba a challenging and fun Latin style dance class. The routines feature aerobics/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

Abs, Buns and Ball a work out designed to strengthen the body's core and improve strength and posture while enhancing balance and flexibility.