



# Beale AFB - Group Exercise Schedule

## December 2009 Schedule

Time/Date	Mon	Tue	Wed	Thu	Fri	Sat
6:00 am						
6:30 am	<b>BodyPump (Omni) NEW!</b>	<b>Step*</b>	<b>BodyPump (Omni) NEW!</b>	<i>Indoor Cycling*</i>	<b>BodyPump (Omni) NEW!</b>	
7:00 am						
9:00 am		<i>Strength &amp; Tone*</i>	<b>Step*</b>	<i>Strength &amp; Tone*</i>		<i>Indoor Cycling*</i> 1st & 3rd <b>Strength &amp; Tone*</b> 2nd & 4th
11:00 am	<i>Indoor Cycling*</i>	<i>Yoga</i>	<i>Indoor Cycling*</i>	<i>Yoga</i>	<i>Indoor Cycling*</i>	
Noon	<b>Aerobic &amp; Muscular Strength*</b>					
3:00 pm	<b>BodyPump (Omni) NEW!</b>		<b>BodyPump (Omni) NEW!</b>	<i>Dance Aerobics* NEW!</i>	<b>BodyPump (Omni) NEW!</b>	
5:00 pm	<i>Indoor Cycling*</i>		<i>Strength &amp; Tone*</i>			
6:00 pm		<i>Yoga</i>	<b>Beale AFB Fitness Center 634-2258</b> 5:00 am-11:00 pm Monday-Friday 8:00 am-8:00 pm Weekends / Holidays & Down Days (*) Fitness Improvement Program Approved. Classes subject to change without notice. Rev. 11/24/09			