

Offutt Field House Aerobic Workout Schedule * All Classes are FIP *****

Current As of 11 August 2010

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0600		Step/Sculpt		Step/Sculpt		Step/Sculpt	
0600		Spin		Spin		Spin	
0630						Get Fit Run (HAWC)	
0800		Ultimate Circuit		Ultimate Circuit		Ultimate Circuit	
0815			Water Aerobics		Water Aerobics		
0830							Cardio/Sculpt
1115		Step/Sculpt	Sculpt	Step/Sculpt	Sculpt	Cardio/Sculpt	
1130			Spin		Spin		Spin
1230		Cardio/Sculpt		Cardio/Sculpt			
1300							
1500		Ultimate Circuit	Ultimate Circuit	Ultimate Circuit	Ultimate Circuit		
1515				Bootcamp (HAWC)		Bootcamp (HAWC)	
1700		Cardio/Sculpt	Spin	Step/Sculpt	Spin		
1745		Water Aerobics		Water Aerobics			
1800			Ultimate Circuit		Ultimate Circuit		

Description of Aerobic Classes

Water Aerobics

Swimming experience is not required; for all fitness levels. Perfect addition to your cross training program. It will reduce body fat, increase muscular strength, increase muscle tone, decrease muscular joint stiffness, and improve cardiovascular endurance.

Spin (45 min)

This class begins with a warm up. It will enhance your cardiovascular endurance and strengthen your body. This is done on a stationary bicycle. Classes are designed for beginners to advanced. Beginners should arrive 15 minutes early. Water bottles are recommended.

Sculpt (60 min)

A great place for beginners to start. This class is designed for all fitness levels. Strength training and muscle conditioning utilizing weights, tubing, body bars, resist-a-balls, elastic bands and your own body resistance.

Step Sculpt (60 min)

This class consists of warm-up, intermediate steps (30-40 min of stepping), strength training, followed by abs and a cool down

Ultimate Circuit (60 min)

This class consists of warm-up, continuous circuits including upper body, lower body, core and cardio (40-45 min of circuit) followed by a cool down

Cardio Sculpt (60 min)

Beginner to advanced. A combination of aerobic training punching, and kicking

Get Fit Run (45 min)

This class is designed to improve running technique and abilities. Participants will go through multiple training exercises such as hill drills, sprint drills, and tempo runs. (HAWC)

Bootcamp (60 min)

This ultimate circuit training workout combines intervals of cardiovascular and muscle conditioning drills. Burn lots of calories in this fun, high-intensity class suitable for all fitness levels. (HAWC)