



FAMILY HEALTH AND FITNESS JANUARY PROGRAM SCHEDULE



Jensen Family Health and Fitness Center Bldg 2022, Liggett Avenue 967-5975

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:15 a.m.	Indoor Cycling	Body Sculpt	Indoor Cycling	Body Sculpt	Indoor Cycling
6:30 a.m.		Combat Cardio			
8 a.m.	Indoor Cycling	Indoor Cycling	Turbo Kick	Indoor Cycling	Step Aerobics
9 a.m.	Indoor Cycling	Step Mix	Step Aerobics	Step Mix	Indoor Cycling
10 a.m.	Kick & Sculpt	Basic Yoga	Kick & Sculpt	Basic Yoga	Dynamic Cross Training
11:30 a.m.	Step Aerobics	Cardio Kickboxing	Hi/Low Aerobics	Cardio Kickboxing	Step Interval
2 p.m.	Indoor Cycling	Indoor Cycling	Indoor Cycling	Indoor Cycling	Indoor Cycling
3:30 p.m.	Body Blitz	Indoor Cycling	Body Blitz	Indoor Cycling	Indoor Cycling
4:30 p.m.	Pilates	Basic Yoga	Pilates	Basic Yoga	Pilates
5:30 p.m.	Multi-Step Aerobics	Indoor Cycling	Multi-Step Aerobics	Indoor Cycling	

Free Child care available for children 6 wks through 12 yrs, on site, from **0745-1900, Monday through Friday**. Appropriate activities and supervision will be provided by qualified CYC care giving staff. Child care is offered while you participate in fitness activities. you must remain on-site while your children are in care. Child care will be provided on a first come-first served basis. Food service will not be provided. A free one-time registration will be completed on-site for this CYC program only.

Parents will need to furnish: diapers and wipes (labeled please), pre-made formula in labeled plastic bottles, infant food in un-opened jars/boxes, change of clothing in a labeled diaper bag, backpack or plastic bag (infant thru preschool age), name and number of a LOCAL emergency contact person, copy of the child's immunization records. For more info call Child Care Services at Jensen call 967-1254.

Free Certified Personal Trainer services are available (machine orientations, personal workout programs, body fat analysis). For more information on Personal Trainer services at Jensen call 966-2638. fortlewis.mwr.com