



PENTAGON ATHLETIC CENTER

WEEKLY GROUP EXERCISE SCHEDULE

UPDATED
JUNE 2020

MON

TUE

WED

THU

FRI

HIIT Val 0430-0530	HIIT Val 0430-0530	STEP Val 0430-0530	STEP/SCULPT Val 0430-0530	TABATA Val 0430-0530
TABATA Val 0530-0630	TABATA Val 0530-0630	TABATA Tracy 0530-0630	TABATA/KICKBOXING Val 0530-0630	STEP Val 0530-0630
Cycle Challenge Clint 0615-0700	<i>Coach by Color Cycling</i> Kathy 0545-0645	Cycle Challenge Clint 0615-0700	<i>Coach by Color Cycling</i> Kathy 0545-0645	
Sunrise Yoga Michelle 0700-0800	Cardio Blast Wendy 1000-1100	HIIT Val 1000-1100	Combat Readiness Michelle 0730-0815	HIIT Val 1000-1100
HIIT VAL 1000-1100	<i>Coach by Color Cycling</i> Michelle 1100-1200	<i>Coach by Color Cycling</i> Troy 1100-1200	<i>Coach by Color Cycling</i> Luisa 1100-1200	POWER CYCLE Tye/Troy 1100-1200
	ZUMBA NIKKI 1100-1200	HIIT Melissa 1100-1200	ZUMBA NIKKI 1100-1200	HIIT WENDY 1100-1200
HIIT WENDY 1100-1200	Hatha Yoga BETH 1200-1300	CYCLE Tye 1215-1300	Power Yoga John 1200-1300	Hatha Yoga Michelle 1200-1300
CYCLE Troy 1215-1300	<i>Cycle Burn</i> Melissa 1215-1300	Power Flow Yoga Michelle 1200-1300	Hatha Yoga Michelle 1300-1400	
Hatha Yoga JOHN 1200-1300		Core + Tabata Wendy 1300-1400		
Core + Tabata Melissa 1300-1400	Power Flow Yoga Curt 1700-1800		Power Flow Yoga Curt 1700-1800	SELF DEFENSE XANDER 1300-1400
ZUMBA Tracy 1625-1725		ZUMBA Tracy 1625-1725		
	Aqua Aerobics Carroll 1730-1830	Aqua Aerobics ^{NEW} Carroll 1700-1800	Aqua Aerobics Dawn 1730-1830	

COMBATIVES (Racquetball/Squash ct 1)
MON 0630-0730
WED 0630-0730
FRI 0630-0730
 1200-1300

JOINT FORCE FITNESS, PENTAGON (FUNCTIONAL FITNESS AREA)
MON 1300-1400
TUE 1130-1230
WED 1300-1400
THU 1130-1230

Space is limited. Please arrive early for pre-class instruction and equipment set-up. Class descriptions on back. No sign-up required. **SCHEDULE SUBJECT TO CHANGE.**

FOR MORE INFORMATION ABOUT OUR GROUP EXERCISE PROGRAM PLEASE CONTACT LISA MODESTE AT 703-614-6710

CLASS DESCRIPTIONS

AQUA AEROBICS

Tue & Thu 1730-1830 Wed 1700-1800

A total body non-impact workout which focuses on aerobic fitness and flexibility. Exercises are performed in the shallow and deep ends of the pool. No swimming experience required. All fitness levels.

BODY CHALLENGE

Tue & Thu 0530-0630

This early morning fitness routine, combines interval training with cardio, strength, core, and more, all devoted to "WAKE YOU UP"! Whether you want to burn calories or just toning up for the summer, this class will meet your needs and more. All fitness levels.

CARDIO BLAST

Tue 1000-1100

Recently extended to 60 minutes, this class will challenge you and rev you up for the rest of the day. Class starts with a warm-up followed by high-intensity aerobic activity, strength training with weights and concentrated core exercises. Feel the metabolic after-burn for hours!

CARDIO/WEIGHT INTERVALS

Mon 0530-0630

This class alternates high intensity cardio kickboxing or other cardio intervals with full body resistance training intervals using dumbbells, barbells, resistance tubing and/or calisthenics. Great for all ability levels.

COACH BY COLOR CYCLING

Tue-Thu 0545-0645, Tue, Wed & Thu 1100-1200

Get the most out of your workout with the PAC's new bikes. Come and learn how to use the great new features. Each bike is outfitted with a computer that gives constant feedback and real-time values such as RPMs, level of resistance, watts, heart rate, and calories! No more guessing! It's all right in front of you! All fitness levels are welcome.

CORE+TABATA

Mon & Wed 1300-1400

Increase your core strength through a powerful workout which focuses on all of the muscles that stabilize the spine and pelvis. You will perform core strengthening exercises using your own body weight, dumbbells, and other equipment. This class also includes two cycles of Tabata, a method of high intensity interval training, which emphasize the core. All fitness levels.

Combat-Readiness

Thurs 0730-0815 This class is designed for all fitness levels military and civilian who are interested in increasing combat related tasks. Specifically designed to prepare the military for the Physical Fitness Test (PFT). Strength, stamina, stretching and yoga for flexibility will be the focus of the class. Let's get combat ready!

For more information, please contact
Lisa Modeste at 703-614-6710
lisa.d.modeste.naf@mail.mil

CYCLE/CYCLE CHALLENGE

Mon & Wed 1215-1300,

Follow the instructor through timed intervals, while controlling your own resistance level. Come experience flats, sprints, and climbs all the way to the summit. When you reach the top, ride your way to the finish line! This challenging workout will help to build endurance and cardiovascular health. All fitness levels.

HIIT (High Intensity Interval Training)

Mon-Fri 0430-0515, Mon, Wed, & Fri 1000-1100 & 1100-1200

Looking to improve your PFT/CFT/APFT/PRT score, break through a plateau, or improve your general fitness level? This is the class for you! This is a total body workout that combines cardio, agility, strength and power training using dumbbells, resistance bands, body bars, gliders, stability balls and "sponge balls". All fitness levels.

POWER CYCLE

Fri 1100-1200

Increase your muscular endurance, burn fat, and improve cardiovascular function through timed intervals, sprints, climbs, and jumps. Whether you're a recreational cyclist, a competitive athlete, or just want to cross-train, this popular class will give you the workout you've been looking for. All fitness levels.

POWER FLOW YOGA

Tue & Thu 1700-1800, Wed 1200-1300

Power Flow Yoga is an invigorating class for busy people and a perfect complement to any fitness regimen. Expect to sweat, build strength, and improve balance and flexibility. This fluid, dynamic practice will leave you feeling refreshed, relaxed, and more aware of the connection between breath, movement, and the mind. All fitness levels.

POWER YOGA

Thu 1200-1300

Primarily based on Ashtanga Yoga, this challenging practice incorporates Sun Salutations, standing postures, arm balances, core work, a seated series and inversions with a keen focus on the breath. Students will build heat in the body while cultivating stamina, endurance and emphasizing personal growth in their practice. Be prepared for a vigorous but fun class. Open to all levels.

CYCLE BURN

Tue 1215-1300

Ramp up your metabolism with this 30 minute high energy, intense ride. Experience this 25 minute HIIT ride to pump up your after BURN for hours. Class includes a 5 minute cool down. All fitness levels.

JFFP PENTAGON

Mon & Wed 1300-1400, Tue & Thu 1130-1230

Location: Functional Fitness Area

POC: LCDR David Beam

For more information, please contact:

admin@crossfitpentagon.com

David.Beam@navy.mil

TABATA

Wed 0530-0630

Maximize fat burning, improve fitness, and have fun in a short amount of time! Tabata workouts consist of eight rounds of 20-seconds-on-10-seconds-off. The class starts with a warm-up followed by Tabata drills, and ending with a cool-down. All levels welcome.

SUNRISE YOGA

Mon 0700-0800

This class is intended to awaken and energize the morning mind and body. This steady-paced class emphasizes strength, focus, movement and alignment and breathing. Moving through a Yoga sequence of sun Salutations, warriors, standing balances, and core work, each class is designed to give you a complete workout for body, mind and spirit. This class is open to everyone as modifications for all poses are available.

ZUMBA

Tue & Thu 1100-1200, Mon & Wed 1625-1725

Are you tired of the same old workout? Do you want to try something different that is fun, exciting, and intense? Then Zumba is for you. This easy to follow aerobic workout incorporates footwork and body movements from salsa and other Latin based dances. All fitness levels.

SELF DEFENSE

Fri 1300-1400

Self Defense class for all levels of fitness, age, and shape. Focused on developing an understanding of human movement and how to disrupt it to evade and counter attacks. Beginners and advanced martial artists welcome.

HATHA YOGA

Mon 1200-1300, TUE 1200-1300, THU 1300-1400, FRI 1200-1300

Hatha Yoga classes use the breath to create a link between the body and the mind. hatha classes build flexibility and strength while minimizing the chance of injury. This well-rounded style balances and opens the body you will learn to still the mind and be present in the moment.

COMBATIVES

Mon: 0630-0730 & 1200-1300 Wed: 0630-0730

Fri: 0630-0730 & 1200-1300 Location:

Racquetball/Squash Court 1 Uniform: GI or Duty Uniform (ACU, BDU, etc.). No shoes or boots on the mats

For more information, please contact:

vincent.f.simmon.mil@mail.mil

buray.kiser@usmc.mil

thomas.f.mooney12.civ@mail.mil