



HURLBURT FIELD FITNESS CLASSES

Classes held at Aderholt Fitness
Classes held at Riptide Fitness
Classes held at Base Pool
Classes held at Marina
Classes held at Commando Fitness

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6AM	Commando Fit (@ Combat Fit East)	Spin (FIP) with Angie Commando Fit (@ Combat Fit East)	Commando Fit (@ Combat Fit East)	Spin (FIP) with Angie Commando Fit (@ Combat Fit East)	Commando Fit (@ Combat Fit East)	
7AM			Yoga with Jim			
8:30AM	Fit For Life with Frances		Fit For Life with Frances		Boot Camp (FIP) with Frances	Spin (FIP) with Kim
9:30AM						Power Pump Xpress with Kim (30 Mins)
9:45AM	Yoga with Courtnie	Power Sculpt with Cherri	Yoga with Victoria	Total Body Blast with Courtnie	Yoga with Courtnie	
10AM					NEW Kettlebell Power Class (30 mins) with Selina	
11:10AM	TRX with Emilio	Yoga with Cherri	HIIT with Frances	Yoga with Cherri	HIIT with Frances	
11:30AM	Spin (FIP) with Jeremy	Spin (FIP) with Lisa	Spin (FIP) with Emma	Spin (FIP) with Lisa	Spin (FIP) with Emma	
12PM	Water Aerobics with Michele	Alpha Warrior with Emilio (30 mins)	Water Aerobics with Michele	Alpha Warrior with Emilio (30 mins)	Water Aerobics with Michele	
12:20PM		Core 'N More with Frances (30 mins)		Core 'N More with Frances (30 mins)	Pilates with Charles	
1PM						Kuk Sool Won™ with Amado* Adult : 1-3:30pm Youth: 1-3pm
4PM	Step with BJ	POUND® with BJ	Step with BJ			
5PM	Spin with Kim Commando Fit (@ Combat Fit East)	Power Pump with Kim Xtreme HIIT with Frances Commando Fit ONRAMP Starts at beginning of each month runs 4 weeks (@ Combat Fit East)	Spin with Jeremy Commando Fit (@ Combat Fit East)	Power Pump with Kim Xtreme HIIT with Frances Commando Fit ONRAMP Starts at beginning of each month runs 4 weeks (@ Combat Fit East)	Commando Fit (@ Combat Fit East)	
5:30PM	Abs on Fire with Frances (30 Mins)		Abs on Fire with Frances (30 Mins)			
6:15PM	ZUMBA® with Ivelysse	Dance Fitness with Tori	ZUMBA® with Ivelysse	Dance Fitness with Tori	ZUMBA® with Ivelysse	

ALL GROUP FITNESS CLASSES CANCELED UNTIL FURTHER NOTICE



Visit us online at myhurlburt.com
 Current as of: 1 April 2020. Subject to change without notice.

FIP = Fitness Improvement Plan
 No classes held on Sunday and Federal Holidays.

* Fees apply. Schedule and fees subject to change.
 Classes may require registration.

For more information, contact:
 Aderholt Fitness Center: (850) 884-6884
 Riptide Fitness Center: (850) 881-5121
 Commando Fitness Center: (850) 884-4412