

APR 2024

Dover Air Force Base Group Exercise Schedule

SUN	MON	TUE	WED	THU	FRI	SAT
	1 6:00 AM Spin 6:00 AM 90XT 8:00 AM TRX 9:00 AM TRX 12:00 PM 90XT 5:00 PM Zumba® 6:00 PM Yoga	2 6:00 AM 90XT 12:00 PM 90XT 5:30 PM Warrior Fitness Boot Camp	3 6:00 AM Spin 6:00 AM 90XT 8:00 AM TRX 9:00 AM TRX 12:00 PM 90XT 5:00 PM Zumba® 6:00 PM Yoga	4 6:00 AM 90XT 12:00 PM 90XT 4:00 PM STRONG Nation® 5:30 PM Warrior Fitness Boot Camp	5 6:00 AM Spin 6:00 AM 90XT 8:00 AM TRX 9:00 AM TRX 12:00 PM 90XT	6 9:15 AM Spin
7	8 6:00 AM Spin 6:00 AM 90XT 8:00 AM TRX 9:00 AM TRX 12:00 PM 90XT 5:00 PM Zumba® 6:00 PM Yoga	9 6:00 AM 90XT 12:00 PM 90XT 5:30 PM Warrior Fitness Boot Camp	10 6:00 AM Spin 6:00 AM 90XT 8:00 AM TRX 9:00 AM TRX 12:00 PM 90XT 5:00 PM Zumba® 6:00 PM Yoga	11 6:00 AM 90XT 12:00 PM 90XT 4:00 PM STRONG Nation® 5:30 PM Warrior Fitness Boot Camp	12 6:00 AM Spin 6:00 AM 90XT 8:00 AM TRX 9:00 AM TRX 12:00 PM 90XT	13
14	15 6:00 AM Spin 6:00 AM 90XT 8:00 AM TRX 9:00 AM TRX 12:00 PM 90XT 4:00 PM STRONG Nation® 5:00 PM Zumba®	16 6:00 AM 90XT 12:00 PM 90XT	17 6:00 AM Spin 6:00 AM 90XT 8:00 AM TRX 9:00 AM TRX 12:00 PM 90XT 5:00 PM Zumba® 6:00 PM Yoga	18 6:00 AM 90XT 12:00 PM 90XT 4:00 PM STRONG Nation® 5:30 PM Boot Camp	19 6:00 AM Spin 6:00 AM 90XT 8:00 AM TRX 9:00 AM TRX 12:00 PM 90XT	20
21	22 6:00 AM Spin 6:00 AM 90XT 8:00 AM TRX 9:00 AM TRX 12:00 PM 90XT 5:00 PM Zumba® 6:00 PM Yoga	23 6:00 AM 90XT 12:00 PM 90XT	24 6:00 AM Spin 6:00 AM 90XT 8:00 AM TRX 9:00 AM TRX 12:00 PM 90XT 5:00 PM Zumba® 6:00 PM Yoga	25 6:00 AM 90XT 12:00 PM 90XT 4:00 PM STRONG Nation® 5:30 PM Boot Camp	26 6:00 AM Spin 6:00 AM 90XT 8:00 AM TRX 9:00 AM TRX 12:00 PM 90XT	27
28	29 6:00 AM Spin 6:00 AM 90XT 8:00 AM TRX 9:00 AM TRX 12:00 PM 90XT 5:00 PM Zumba® 6:00 PM Yoga	30 6:00 AM 90XT 12:00 PM 90XT 5:30 PM Warrior Fitness Boot Camp				

NOTE: All Mizani Fitness group exercise classes are 45 minutes in duration and held in the Dover Air Force Base Fitness Center. Please adhere to the physical/social distancing guidelines.



MIZANI FITNESS GROUP EXERCISE CLASS DESCRIPTIONS

Boot Camp – A high intensity workout that includes interval training utilizing dumbbells, medicine balls and kettle bells designed to work the entire body.

Spin – An indoor cycling experience sequenced to music to make you FEEL THE RIDE while getting that heart rate pumping!

STRONG Nation® – A high intensity workout that combines body weight, muscle conditioning, cardio and plyometric training moves synced to music.

Warrior Fitness Boot Camp – A high intensity workout that includes bodyweight circuits, explosive movements and interval training guaranteed to make you sweat!

Yoga – A breath-linked Vinyasa flow that will stretch and tone the body while calling the mind and spirit into alignment.

Zumba® – An invigorating Latin inspired, dance fitness class that includes Merengue, Salsa, Cumbia and Reggaeton.

