

November 2023

Dover Air Force Base Group Exercise Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			6:00 AM Spin 1 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	4 9:15 AM Spin
5	6:00 AM Spin 6 6:00 AM 90XT 8:00 AM TRX 9:00 AM TRX 12:00 PM 90XT 5:00 PM Zumba*	6:00 AM 90XT 7 12:00 PM 90XT 5:00 PM Strong Nation* 5:30 PM Warrior Fitness Boot Camp	6:00 AM Spin 8 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 5:00 PM Strong Nation* 5:30 PM Warrior Fitness Boot Camp	10 No Group Classes - Dover AFB Family Day	11 No Group Classes - Veterans Day
12	6:00 AM Spin 13 6:00 AM 90XT 8:00 AM TRX 9:00 AM TRX 12:00 PM 90XT 5:00 PM Zumba*	6:00 AM 90XT 14 12:00 PM 90XT 5:00 PM Strong Nation* 5:30 PM Warrior Fitness Boot Camp	6:00 AM Spin 15 6:00 AM 90 T 8:00 AM TRX 9:00 AM TRX 12:00 PM 90XT 5:00 PM Zumba* 6:00 PM Yoga	6:00 AM 90XT 16 12:00 PM 90XT 5:00 PM Strong Nation* 5:30 PM Warrior Fitness Boot Camp	6:00 AM Spin 17 6:00 AM 90XT 8:00 AM TRX 9:00 AM TRX 12:00 PM 90XT	18
19	6:00 AM Spin 20 6:00 AM 90XT 8:00 AM TRX 9:00 AM TRX 12:00 PM 90XT 5:00 PM Zumba*	6:00 AM 90XT 21 12:00 PM 90XT 5:30 PM Warrior Fitness Boot Camp	6:00 AM Spin 22 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 No Group Classes - Thanksgiving	24 No Group Classes - Dover AFB Family Day	25
26	6:00 AM Spin 27 6:00 AM 90XT 8:00 AM TRX 9:00 AM TRX 12:00 PM 90XT 5:00 PM Zumba*	6:00 AM 90 XT 28 12:00 PM 90 XT 5:00 PM Strong Nation* 5:30 PM Warrior Fitness Boot Camp	6:00 AM Spin 29 6:00 AM 90XT 8:00 AM TRX 9:00 AM TRX 12:00 PM 90XT 5:00 PM Zumba* 6:00 PM Yoga	6:00 AM 90XT 30 12:00 PM 90XT 5:00 PM Strong Nation* 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 distancing guidelines.



Dover Air Force June 2023 Group Exercise Schedule

Mizani Fitness Group Exercise Class Descriptions

Spin - An indoor cycling experience sequenced to music to make you FEEL THE RIDE and 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-lined 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.