

# FITNESS CLASS SCHEDULE

UPDATED  
OCT 2023

FACEBOOK @RAFLFITNESS

FREE FITNESS CLASSES\*

\*BRAZILIAN JIU JITSU FEES APPLY  
AFTER THE FIRST CLASS

## FITNESS IMPROVEMENT PROGRAM (F.I.P.)

ALL CLASSES PROVIDE PREPARATION FOR ALL COMPONENTS OF THE  
AIR FORCE PT TEST WITH THE FOLLOWING EXCEPTIONS: YOGA,  
STRENGTH STRETCH FUSION, & BJJ CAN BE USED TO IMPROVE MUSCULAR  
STRENGTH & ENDURANCE COMPONENT; GROUP INDOOR CYCLE  
CAN BE USED TO IMPROVE CARDIO COMPONENT.  
POWER STRETCH WILL HAVE NO PT  
TEST TRAINING BENEFIT.

### MONDAY

6AM - 6:30AM POWER PUMP  
11AM - 11:45AM INDOOR CYCLE  
5PM - 6PM YOGA  
5:30PM - 6:30PM 48 FIT  
6:15PM - 7:15PM GET UP & DANCE  
7:30PM - 8:30PM STEP

### TUESDAY

5:45AM - 6:30AM INDOOR CYCLE  
11AM - 11:45AM GET UP & DANCE  
5PM - 5:45PM INDOOR CYCLE  
5PM - 5:45PM LITTLE CHAMPS BRAZILIAN  
JIU JITSU  
5:45PM - 6:45PM JUNIOR BRAZILIAN JIU JITSU  
6:45PM - 8:15PM ADULT BRAZILIAN JIU JITSU

### WEDNESDAY

6AM - 6:30AM H.I.I.T.  
11AM - 11:45AM INDOOR CYCLE  
5PM - 6PM YOGA  
5:30PM - 6:30PM 48 FIT  
6:15PM - 7:15PM GET UP & DANCE  
7:30PM - 8:30PM POWER PUMP

### THURSDAY

5:45AM - 6:30AM INDOOR CYCLE  
9:30AM - 10:30AM STRENGTH STRETCH FUSION  
11AM - 11:45PM POWER STRETCH  
5PM - 5:45PM INDOOR CYCLE  
5PM - 5:45PM LITTLE CHAMPS BRAZILIAN  
JIU JITSU  
5:45PM - 6:45PM JUNIOR BRAZILIAN JIU JITSU  
6:45PM - 8:15PM ADULT BRAZILIAN JIU JITSU

### FRIDAY

6AM - 6:45AM YOGA

### HOURS OF OPERATIONS

SAT, SUN & HOLIDAYS 8AM - 4PM  
FAMILY & DOWN DAYS 8AM - 4PM  
TRAINING DAY AFTER HOUR ACCESS ONLY  
NO CLASSES ON US HOLIDAYS  
SHOULD WE EVER NEED TO CANCEL OR CHANGE  
A CLASS, CHECK OUR INSTAGRAM OR FACEBOOK PAGE.

Fitness & Sports Center  
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*Making Lives Better...  
It's What We Do!*

DEPARTMENT OF THE AIR FORCE



FITNESS & SPORTS





# FITNESS CLASS DESCRIPTIONS

## 48 F.I.T. [FUNCTIONAL INTENSE TRAINING]

Functional Intense training AKA CrossFit etc. A strength and conditioning workout that is made up of functional movement performed at a high intensity level. These movements are actions that you perform in your day-to-day life, like squatting, pulling, pushing, etc.

## H.I.I.T. [HIGH INTENSITY INTERVAL TRAINING]

Short on time? Get in, get it done and get out. Pack an intense workout into 30 minutes by alternating short, very high intense intervals. This type of training has been used by athletes to improve performance, but also benefits the average exerciser.

## POWER STRETCH

Often the forgotten part of Fitness; Flexibility, this class combines sports, physio and yoga stretches to improve flexibility, benefiting posture, mobility and provide that all important recovery workout.

## GROUP INDOOR CYCLE

Cycle class AKA Spin & Peloton bike etc. A great cardiovascular workout that often work aerobic and anaerobic system! Pedal through hill climbs sprints and many other challenging drills and exercises. All levels are welcome. Remember to bring a towel and water bottle!

## STRENGTH STRETCH FUSION

Strength stretch fusion is a creative blend of yoga-inspired flows, short cardio bursts, balance sequences, and bodyweight and weighted strength training exercises. It trains strength, balance, and flexibility, and can help improve overall fitness levels. It is driven by music, movement, and motivation.

## BRAZILIAN JIU JITSU

Martial Arts program to learn how to defend oneself. BJJ equips students with the tools to fight everyday battles such as stress, weight loss, relationship issues and confidence. Learn to think through problems more constructively, on and off the mat.  
[Fee involved after first free class.]

## YOGA

This is a low-impact and energizing way to approach fitness. A fluid, mindful yoga class designed to focus on breathing and its relationship to the poses which are designed to enhance strength, flexibility and tone.

## GET UP & DANCE!

Who said fitness can't be fun?! Also known as Zumba, Turn-Up, etc, this class gets you shaking and grooving. It combines elements of fitness to include dance, H.I.I.T., toning, & active recovery. Helps with your cardio fitness & muscular components for PT testing.

## POWER PUMP

Take your Fitness Classes Strength and endurance to a new level! This strength class is designed to keep your heart rate up into a cardiovascular training zone.  
Get lean, toned and fit.

## STEP

Step class is a classic cardio workout that is a fun way to raise your performance. Helps with your cardio fitness & muscular components for PT testing.

## THINGS TO KNOW

CLASSES DESIGNED FOR ALL FITNESS LEVELS • CLASSES TAUGHT BY CERTIFIED FITNESS INSTRUCTORS  
CLASSES FREE UNLESS OTHERWISE INDICATED • NO CLASSES ON US HOLIDAYS & FAMILY DAYS