

# HURLBURT FIELD FITNESS CLASSES

Classes held at Aderholt Fitness

Classes held at Riptide Fitness

Classes held at Base Pool

Classes held at Marina

| TIME    | MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY                                 |
|---------|--|---|---|---|---|--|
| 6AM     | <b>Commando Fit</b><br>@ Combat Fit East   | <b>Spin (FIP)</b><br>with Angie<br><b>Commando Fit</b><br>@ Combat Fit East                               | <b>Commando Fit</b><br>@ Combat Fit East  | <b>Spin (FIP)</b><br>with Angie<br><b>Commando Fit</b><br>@ Combat Fit East                     | <b>Commando Fit</b><br>@ Combat Fit East  |  |
| 7:30AM  |  | <b>*Dream Body (45mins)</b><br>with Octavia<br><i>Must register/6 week class<br/>Starts Sept 21, \$85</i> |   |   | <b>*Dream Body (45mins)</b><br>with Octavia<br><i>Must register/6 week class<br/>Starts Sept 21, \$85</i> |  |
| 8:30AM  | <b>Fit for Life</b><br>with Frances  | <b>Boot Camp (FIP)</b><br>with Frances  | <b>Fit for Life</b><br>with Frances   | <b>Boot Camp (FIP)</b><br>with Frances  |   |  |
| 9:30am  |  |   |   |   |   | <b>Commando Fit</b><br>@ Combat Fit East |
| 9:45AM  |  | <b>Power Sculpt</b><br>with Cherri  | <b>Yoga</b><br>with Victoria  | <b>Power Sculpt</b><br>with Cherri  |   |  |
| 11:10AM |  | <b>Yoga</b><br>with Cherri  |   | <b>Yoga</b><br>with Cherri  | <b>Pilates</b><br>with Charles  |  |
| 11:30AM | <b>Spin (FIP)</b><br>with Lisha  | <b>Spin (FIP)</b><br>with Lisa  | <b>Spin (FIP)</b><br>with Antonea/Jeremy  | <b>Spin (FIP)</b><br>with Lisa  |   |  |
| 12PM    |  | <b>Abs on Fire 2.0 (30mins)</b><br>with Frances   |   | <b>Abs on Fire 2.0 (30mins)</b><br>with Frances   |   |  |
| 1PM     | <b>Military P.T. (FIP) (45mins)</b><br>with Frances  |   | <b>Military P.T. (FIP) (45mins)</b><br>with Frances   |   |   |  |
| 4PM     | <b>Step (FIP)</b><br>with BJ<br><b>Xtreme HIIT (FIP)</b><br>with Frances   | <b>POUND®</b><br>with BJ<br><b>Abs on Fire 2.0 (30mins)</b><br>with Frances                               | <b>Boot Camp (FIP)</b><br>Dominique<br><b>Xtreme HIIT (FIP)</b><br>with Frances   | <b>Power Pump</b><br>with Kim<br><b>Abs on Fire 2.0 (30mins)</b><br>with Frances                |   |  |
| 5PM     | <b>Spin (FIP)</b><br>with Kim<br><b>*Kuk Sool Won™</b><br>with Amado*<br><i>Youth: 5-6pm, Adults 6-7pm</i><br><b>Commando Fit</b><br>@ Combat Fit East | <b>Commando Fit</b><br>@ Combat Fit East  | <b>Spin (FIP)</b><br>with Angie<br><b>*Kuk Sool Won™</b><br>with Amado<br><i>Youth: 5-6pm, Adults 6-7pm</i><br><b>Commando Fit</b><br>@ Combat Fit East | <b>Commando Fit</b><br>@ Combat Fit East  | <b>Commando Fit</b><br>@ Combat Fit East  |  |
| 5:10PM  | <b>Power Hour (FIP)</b><br>with Angie  | <b>Power Pump</b><br>with Kim   |   | <b>Power Hour (FIP)</b><br>with Angie   |   |  |
| 5:45PM  | <b>Commando Fit ONRAMP</b><br><i>Starts at beginning of each<br/>month and runs 4 weeks</i><br>@ Combat Fit East                                       |   | <b>Commando Fit ONRAMP</b><br><i>Starts at beginning of each<br/>month and runs 4 weeks</i><br>@ Combat Fit East  |   |   |  |
| 5:30PM  |  | <b>*Boxing Fundamentals</b><br>with Joe<br><i>Must register/12 sessions, Starts Sep 7, \$75</i>           |   | <b>*Boxing Fundamentals</b><br>with Joe<br><i>Must register/12 sessions, Starts Sep 7, \$75</i> |   |  |
| 6:15PM  | <b>ZUMBA®</b><br>with Ivelysse   |   | <b>ZUMBA®</b><br>with Ivelysse  |   |   |  |
| 6:45PM  |  | <b>Dance Fitness</b><br>with Jasmine  |   | <b>Dance Fitness</b><br>with Jasmine  |   |  |



Visit us online at [myhurlburt.com](http://myhurlburt.com)  
Current as of: September 1, 2021.  
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

