

# MAR 2023

## Barksdale Air Force Base Aerobics Schedule

SUN	MON	TUE	WED	THU	FRI	SAT
			<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
			7:00 AM Piloxing® 10:00 AM HIIT 12:00 PM Xtreme Hip Hop Step	11:00 AM Mat Pilates 12:00 PM Boot Camp (FIP APPROVED) 6:00 PM Restorative Yoga	10:00 AM HIIT 12:00 PM Xtreme Hip Hop Step 1:00 PM Spin (FIP APPROVED)	
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
	9:00 AM Xtreme Hip Hop Step 10:00 AM HIIT	12:00 PM Boot Camp (FIP APPROVED) 6:00 PM Restorative Yoga	7:00 AM Piloxing® 10:00 AM HIIT 12:00 PM Xtreme Hip Hop Step	11:00 AM Mat Pilates 12:00 PM Boot Camp (FIP APPROVED) 6:00 PM Restorative Yoga	10:00 AM HIIT 12:00 PM Xtreme Hip Hop Step 1:00 PM Spin (FIP APPROVED)	
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
	9:00 AM Xtreme Hip Hop Step 10:00 AM HIIT	12:00 PM Boot Camp (FIP APPROVED) 6:00 PM Restorative Yoga	7:00 AM Piloxing® 10:00 AM HIIT 12:00 PM Xtreme Hip Hop Step	11:00 AM Mat Pilates 12:00 PM Boot Camp (FIP APPROVED) 6:00 PM Restorative Yoga	10:00 AM HIIT 12:00 PM Xtreme Hip Hop Step 1:00 PM Spin (FIP APPROVED)	<b>Aerobathon:</b> 9:00 AM HIIT 10:00 AM Boot Camp 11:00 AM Xtreme Hip Hop Step 12:00 PM Spin
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
	9:00 AM Xtreme Hip Hop Step 10:00 AM HIIT	12:00 PM Boot Camp (FIP APPROVED) 6:00 PM Restorative Yoga	7:00 AM Piloxing® 10:00 AM HIIT 12:00 PM Xtreme Hip Hop Step	11:00 AM Mat Pilates 12:00 PM Boot Camp (FIP APPROVED) 6:00 PM Restorative Yoga	10:00 AM HIIT 12:00 PM Xtreme Hip Hop Step 1:00 PM Spin (FIP APPROVED)	
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
	9:00 AM Xtreme Hip Hop Step 10:00 AM HIIT	12:00 PM Boot Camp (FIP APPROVED) 6:00 PM Restorative Yoga	7:00 AM Piloxing® 10:00 AM HIIT 12:00 PM Xtreme Hip Hop Step	11:00 AM Mat Pilates 12:00 PM Boot Camp (FIP APPROVED) 6:00 PM Restorative Yoga	10:00 AM HIIT 12:00 PM Xtreme Hip Hop Step 1:00 PM Spin (FIP APPROVED)	

Mizani Fitness Aerobics classes are held at the SrA Bryan R Bell Fitness Center and **highlighted classes** are virtual.  
Sign up for virtual aerobics classes: <http://mizanifitness.com/bafb>



## MIZANI FITNESS AEROBICS CLASS DESCRIPTIONS

**Boot Camp (FIP Approved)** – A high intensity workout that includes bodyweight circuits and interval training guaranteed to make you sweat!

**HIIT (High Intensity Interval Training)** – Short bursts of intense exercise with periods of rest or lower intensity.

**Mat Pilates** – A series of exercises from within the Pilates Method designed to be performed on the mat to strengthen and tone the body.

**Piloxing®** – A high-energy interval workout that blends the power and speed of boxing with the targeted sculpting and flexibility of pilates.

**Restorative Yoga** – A breath-linked flow combined with mindful movement to calm the mind and body while reducing stress.

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

**Xtreme Hip Hop Step (NEW CLASS)** - A revamp of traditional step aerobics with routines set to old and new school hip hop guaranteed for a great calorie burn!

