

SEPT 2023

Barksdale Air Force Base Aerobics Schedule

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
					NO AEROBICS CLASSES – BARKSDALE AFB FAMILY DAY	
3	4	5	6	7	8	9
	NO AEROBICS CLASSES – LABOR DAY	9:00 AM Yoga 12:00 PM Mat Pilates	11:00 AM Boot Camp 1:00 PM Mat Pilates	9:00 AM Yoga 12:00 PM Mat Pilates	11:00 AM Boot Camp 12:00 PM Step Aerobics 1:00 PM Spin	
10	11	12	13	14	15	16
11:00 AM Boot Camp 1:00 PM Mat Pilates 6:00 PM Yoga + Meditation	9:00 AM Yoga 12:00 PM Mat Pilates	9:00 AM Yoga 12:00 PM Mat Pilates	11:00 AM Boot Camp 1:00 PM Mat Pilates	9:00 AM Yoga 12:00 PM Mat Pilates	11:00 AM Boot Camp 12:00 PM Step Aerobics 1:00 PM Spin	
17	18	19	20	21	22	23
11:00 AM Boot Camp 1:00 PM Mat Pilates 6:00 PM Yoga + Meditation	9:00 AM Yoga 12:00 PM Mat Pilates	9:00 AM Yoga 12:00 PM Mat Pilates	11:00 AM Boot Camp 1:00 PM Mat Pilates	9:00 AM Yoga 12:00 PM Mat Pilates	11:00 AM Boot Camp 12:00 PM Step Aerobics 1:00 PM Spin	
24	25	26	27	28	29	30
11:00 AM Boot Camp 1:00 PM Mat Pilates 6:00 PM Yoga + Meditation	9:00 AM Yoga 12:00 PM Mat Pilates	9:00 AM Yoga 12:00 PM Mat Pilates	11:00 AM Boot Camp 1:00 PM Mat Pilates	9:00 AM Yoga 12:00 PM Mat Pilates	11:00 AM Boot Camp 12:00 PM Step Aerobics 1:00 PM Spin	

Mizani Fitness in-person aerobics classes are held in 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!

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

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

Step Aerobics - A classic cardio workout utilizing a step platform guaranteed a great calorie burn!

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

Yoga + Meditation – A series of yoga poses that focus on mindful movement connected with breath followed by guided meditation.

