

JUN 2024

Barksdale Air Force Base Aerobics Schedule

SUN

MON

TUE

WED

THU

FRI

SAT

1

2

3

4

5

6

7

8

9:00 AM Yoga

9:00 AM Yoga

9:00 AM Yoga
11:00 AM Boot Camp

6:00 PM Spin

6:00 PM Step Aerobics

6:00 PM Spin

9

10

11

12

13

14

15

9:00 AM Yoga

9:00 AM Yoga

9:00 AM Yoga
11:00 AM Boot Camp

6:00 PM Spin

6:00 PM Step Aerobics

6:00 PM Spin

16

17

18

19

20

21

22

9:00 AM Yoga

NO AEROBICS
CLASSES
(JUNETEENTH)

NO AEROBICS
CLASSES (BARKSDALE
AFB FAMILY DAY)

9:00 AM Yoga
11:00 AM Boot Camp

6:00 PM Spin

6:00 PM Step Aerobics

6:00 PM Spin

23

24

25

26

27

28

29

9:00 AM Yoga

9:00 AM Yoga

9:00 AM Yoga
11:00 AM Boot Camp

6:00 PM Spin

6:00 PM Step Aerobics

6:00 PM Spin

30

NOTE: Mizani Fitness aerobics classes are held in the SrA Bryan R Bell Fitness Center. Please check the schedule regularly for updates.



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!

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

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

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

