

**RAF Lakenheath  
Fitness and Sports Center  
also offers:**

**Massage Therapy:**

Details available at front counter  
Prices Vary  
226-3607 • 01638 523607



**Personal Trainers:**

One Hour                      \$40



**RAF Lakenheath  
Fitness and Sports Center  
offers many special events!  
Information is available at the  
Fitness Center, in the *at Ease*  
magazine or on line at  
[www.48fss.com](http://www.48fss.com)**

**Hours of Operation**

Monday-Thursday	5am-1am
Friday	5am-9pm
Sat/Sun, Holidays	8am-8pm

**RAF Lakenheath  
Fitness and Sports Center**  
Bldg 904 • DSN 226-3607 or 01638-52-3607  
Brandon, Suffolk. IP27 9PN  
[www.48fss.com](http://www.48fss.com)



# Fitness Classes



# AEROBICS SCHEDULE

## MONDAY

Cardio Kickboxing	11:30am-12:30pm
Group Indoor Cycle	5-5:45pm
Total Body Conditioning	5-6pm
Yoga/Pilates	6:15-7:15pm

## TUESDAY

Group Indoor Cycle	7-7:45am
Group Indoor Cycle	11:30am-12:15pm
Legs, Bum & Tum	11:30am-12:30pm
Health and Wellness Circuit	4-5pm
Group Indoor Cycle	5-5:45pm
Cardio Kickboxing	5:30-6:30pm

## WEDNESDAY

Fit 'n Ready	11:30am-12:30pm
Total Body Conditioning	5-6pm
Group Indoor Cycle	5-5:45pm
Yoga/Pilates	6:15-7:15pm

## THURSDAY

Group Indoor Cycle	7-7:45am
Group Indoor Cycle	11:30am-12:15pm
Legs, Bum & Tum	11:30am-12:30pm
Group Indoor Cycle	5-5:45pm
Cardio Kickboxing	5:30-6:30pm

## FRIDAY

Cardio Kickboxing	11:30am-12:30pm
Zumba	5-6pm

For More Information on the  
**Fitness and Sports Center**  
check the *at Ease* magazine  
or [www.48fss.com](http://www.48fss.com)

# Class Descriptions

All classes demonstrates/gives options for lower and higher levels of fitness – therefore the classes are suitable for all levels from beginner to advanced.

**CARDIO-KICKBOXING:** (60 minutes) Put a punch in your workout, with this non-contact fitness class utilizing martial arts and boxing skills to maintain an aerobic workout.

**FIT 'N READY:** (60 minutes) Bored of the same old thing? This class can be different every time. Various training techniques are used from any of the following; circuit training, walking, running, basic power aerobics, basic power step, grid training, boxing, martial arts, body sculpting, sports skills & coordination. Modifications demonstrate different levels.

**GROUP INDOOR CYCLE:** (30 or 45 minutes, as indicated) Put a new spin on your workout, with this cycling class, great for cardiovascular training. The instructor will coach and motivate you through different terrain.

**HEALTH AND WELLNESS CIRCUIT** (60 Minutes) Excellent total body workout that involves a variety of stations aimed to improve muscular endurance and cardiovascular fitness.

**LEGS, BUM & TUM:** Legs, Bum & Tum (60 Minutes) Fabulous class targeting the muscles of the lower body and core. Whether attending training for stabilization that will benefit your exercise experience and daily life or just because "it's a trouble area"! This is a class not to be missed.

**TOTAL BODY CONDITIONING:** Fabulous class targeting muscular endurance training for total body conditioning. For a duration of the class compound exercise using large muscle groups will give a cardiovascular training effect. As well as improve muscular strength/endurance. Resistance can be varied making it a suitable class for all levels.

**YOGA/PILATES:** (60 minutes) Comprising of a mind-focusing warm-up, followed by Pilates and Yoga moves to improve posture by improving muscular strength & flexibility. (In the event that a certified Yoga/Pilates instructor is not available the entire class will be taught as stretch class.)

**ZUMBA:** (60 minutes) Add some Latin flavor and international zest in this fun and easy to follow workout. Tantalizing and dynamic moves feature interval training with fast and slow rhythms and resistance training combined they create tone & sculpt as well as fat burning effect!

- All classes are open to anyone 16 years and older and VIT members.
- All classes are taught by certified fitness instructors.
- All classes canceled on American holidays and official down days.

## MILITARY FITNESS IMPROVEMENT TRAINING INFORMATION:

**Yoga/Pilates and Legs, Bum and Tum** is ONLY suitable to train muscular strength/endurance (push up & sit up) section of Air Force PT Test.

**Group Indoor Cycle** is ONLY suitable to train the Cardio respiratory (run) section of Air Force PT test.

All other classes suitable to train all components of Air Force PT test.

**Fitness Orientation** is offered on Tuesdays at 5.30pm for 16 years & older. 60 minute class (approx.)- explaining the correct operation and use of the cardio machines, the correct alignment & utilization of selector equipment and how to operate the fitlinx system. (No written exam)

**Very Important Teen program (V.I.T.)** is offered on Wednesdays at 5.00pm for ages 13-15. 90 minute class (approx.) and includes a written exam requiring a passing score. Sign up & obtain a parental permission slip from the front counter. Benefits include expert training on the facility, equipment and gym etiquette and use of permitted areas without parental supervision.

