



Friday, 10 May

Free WATER FITNESS CLASSES at Gaffney Fitness Center

0900-0930 GENTLE WAKE-UP - Develop strength, flexibility, stability, and body awareness in this
 Beginner/All Levels gentle class, suitable for all levels. No experience necessary.
 Shallow Depth

1100-1130 PUNCH + SPLASH -This is a high-energy, total body HIIT workout pairing cardio bursts with
 All Levels boxing exercises. If you're not dripping sweat by the end, you're in the wrong class.
 Shallow Depth

1135-1205 HUSTLE & FLOW - This high-energy, total-body workout strengthens your core, improves
 All Levels your speed, and increases mobility. Hustle uses dynamic movement to build strength,
 Deep Depth while Flow-T is a low/no impact stretch sequence that improves flexibility and aids
 recovery. Deep Depth - flotation belts provided.

1430-1500 FLOAT + SCULPT - Muscle sculpting, core-firming, low/no impact moves all designed for
 All Levels maximum calorie burn in the shortest amount of time. Deep Depth Only - flotation
 Deep Depth belts provided.

1505-1535 SHOCK WAVE -Extreme Aqua Short-burst, high-intensity, calorie-torching intervals and
 ADVANCED challenging skills combine to bring you a class that is NOT your momma's aqua.
 Shallow Depth Dual Depth.

STEP 1 Attend featured fitness events at your garrison

STEP 2 Wear your Strong B.A.N.D.S. wristband throughout May to show your commitment to a healthy lifestyle

STEP 3 Gain valuable fitness tips throughout May by visiting ArmyMWR.com/StrongBANDS

REACH YOUR PEAK

