

Domenici Fitness & Sports Center

Instructor Led Class Schedule

22 Oct 2020

Aerobic Classes

Time	Class	Instructor
Monday		
0515-0615	+Body Pump	Aria
1715-1815	+Cycling	Elizabeth
Tuesday		
0515-0615	+Cycling	Darla
0900-1000	+Body Pump	Vangela
1745-1845	Zumba	Ane
Wednesday		
0515-0615	+Body Pump	Aria
1715-1815	+Cycling	Elizabeth
Thursday		
0515-0615	+Cycling	Darla
0900-1000	Body Pump	Vangela
1715-1815	Body Pump	Aria
1830-1930	Yoga	Ane
Friday		
0515-0615	Power Yoga	Jenny
0830-0930	Cardio strength	Vangela
Saturday		
0815-0915	+ Body Pump	Aria
0930-1030	+Cycling	Elizabeth
Sunday		
NO Classes		
Please Note: + indicates a FIP Class		

Self-Improvement Classes

Fitness Evolution

Time	Class	Instructor
Monday - Friday Check-in at Fitness Center Front Desk		
0600-0700 1500-1600	+Fitness Evolution	DFSC Staff

Aerobic Classes
\$3.00 Per Class

Class Ticket Book
Book of 10 Ticket for \$20
Tickets are good for all classes

Purchase your Ticket Book at the
Domenici Fitness & Sports Center
Front Desk
MON—FRI
0500-2100

WEEKENDS & FAMILY DAYS
0800-1400

HOLIDAYS
Closed

Pool Schedule

M/W/F 0500-1400
T/Th 0500-1800
Sat/Sun-Closed

Domenici Fitness & Sports Center
575-572-2529
www.hollomanfss.com

Description of Aerobics Classes

+Body Pump—Challenge your major muscle groups using a barbell and weights with exercises like squats, presses, lifts, and curls. Be prepared to feel your muscles burn!

+Cycling - Partake in a cardio workout that can burn 500 calories or more. It is a low-impact workout that suits people of all ages, induces sweat and exercises the lower body and helps build endurance.

Yoga - Emphasizes developing one's physical flexibility and nurtures the desire for self-discipline. Yoga has the same potential of emulating a rigorous full body workout and promotes mental stability and concentration.

Pilates - Stretch tension away while enjoying beautiful scenery. With a combination of Pilates and Yoga, we will increase your strength and flexibility.

Cardio Strength - Workout focuses on strength and resistance movements interspersed with bursts of cardio to build muscle.

Zumba - Latin Dance Class

Power Yoga - Come and challenge yourself in this athletic version of yoga. This class focuses on the physical aspects of yoga-strengthening, toning, cardio training and stretching the body. Beginners are welcome because each exercise can be modified, you'll be surprised how fast you build up.

Description of Self-Improvement Classes

+Fitness Evolution-Join the Fitness Center Staff and evolve your overall strength & body composition to help improve your Fitness Assessment results.

Free CrossFit Classes

at Bldg 520

Mon - 0500-0715 & 1600-1800

Tue - 0500-0600 & 1600-1830

Wed - 0500-0715 & 1600-1830

Thurs - 0500-0600 & 1700-1830

Fri - 0500-0715 & 1600-1830

Sat - 0900-1100