









MILITARY FITNESS DEVELOPMENT

March

NOTE: Schedule is subject to change by the Instructor.

*** Mon Wed Fri classes at 1100 hrs

Monday		Tuesday		Wednesday		Thursday		Friday		Sat/Sun		
						1	0630 hrs Circuit	2	BOSU/Ball	3	4	
5	Circuit in MPR	6	0630 hrs Weight Room Cardio Room	7			8	0630 hrs BOSU/Ball	9	FUNctional Trng	10	11 Daylight Saving Time
12	BOSU/Ball	13	0630 hrs Circuit	14			15	0630 hrs FUNctional Trng	16	Circuit	17	18 
19	FUNctional Trng	20	0630 hrs BOSU/Ball Spring 	21			22	0630 hrs Circuit	23	Spin	24	25
26	BOSU/Ball	27	0630 hrs Circuit	28			29	BOSU/Ball	30	FUNctional Trng	31	1



IMPORTANT: If you have any prior medical conditions that you are concerned with, or that may be made worse with increased activity, please refer to a Base MO so that he/she can advise us of any limitations prior to the commencement of the Fitness Development classes. **It is the members' responsibility to inform the Fitness Staff immediately of any concerns/limitations they may have before, during, or after a class.**

Classes are also open to any other CAF members who feel that they are not as fit as they should or could be, and want to prepare for their FORCE test, or for those who are simply looking for a lower intensity group fitness workout with a focus on motivation and exercise correction.