

WRIGHT FIELD &
DODGE FITNESS CENTER



GROUP FITNESS CLASSES

All Classes are free!

WRIGHT FIELD FITNESS

***Boot Camp**

Tuesdays: 5 - 6 pm

Battle Fit

Mondays, Wednesday, Fridays:
11:30 am - 12:30 pm

DODGE FITNESS CENTER

***Zumba**

Mondays: 5 - 6 pm

LIIT

Tuesdays & Thursdays:
11:30 am - 12:30 pm

***Core Fusion**

Wednesdays: 5 - 6 pm

*New group classes start January 22

Cycle

Wednesdays:
11:30 am - 12:30 pm

For more information, please call Wright Field at (937) 904-9381 or Dodge at (937) 257-4225

CLASS DESCRIPTIONS

Battle Fit

Combines bodyweight exercises, kettlebells, TRX, and other fitness accessories in a timed circuit, designed to hit every major component of physical fitness in one hour: cardiorespiratory health, stamina, muscular strength and endurance and more!

Indoor Cycle

Indoor cycling is built on interval training, i.e., alternating cardio/resistance. Benefits include high calorie burn, increased endorphins, better speed/endurance, stronger heart, potentially reduced high cholesterol/blood pressure, and boosted immunity.

Workout can be adjusted to higher/lower difficulty levels.

Core Fusion

Enhance your balance, core strength, and glute activation with this 60 minute total core workout designed to target the abdominal, lower back, and glute-ham muscles. This class utilizes various types of equipment including TRX, kettlebells and more!

Bootcamp

Maximize your fat burning and muscle building results with this energetic class that combines conditioning with full body strength work.

LIIT

Low Intensity Interval Training (LIIT) is geared primarily at improving muscle tone and definition, while improving cardiovascular fitness. High volume (reps), low resistance (weight) workout with short rest intervals. Classes may be circuit style or stationary—we like to “mix-it-up” with a variety of exercises and equipment.

Zumba

You'll enjoy this easy to follow, heart pumping, calorie-burning blast as you lose yourself in the music and find yourself in shape.

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