

# PROGRAM SCHEDULE

Wilson Sports & Fitness Center,  
JBLM Lewis North, Bldg 11596, D Street & 41st Division



JBLMMWR.com

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 am	Indoor Cycling	Body Sculpt	Indoor Cycling		Indoor Cycling	
6:30 am						
8:00 am			Speed & Agility			
9:00 am	Indoor Cycling	Body Sculpt	Indoor Cycling	Body Sculpt	Indoor Cycling	Indoor Cycling
10:00 am	Zumba/Belly Dance	Yoga	Zumba	Basic Yoga	Zumba/Belly Dance	10:00 Zumba Tone 10:30 Zumba
11:30 am	Hips, Butts & Guts	Cardio Kickboxing	Step Aerobics	Cardio Kickboxing		
12:00 pm		<u>CrossFit Class</u> CrossFit Area				
3:30 pm	Indoor Cycling		Indoor Cycling	Hips, Butts & Guts	Indoor Cycling	
4:30 pm	Yoga	Zumba	Basic Yoga	Zumba	Zumba	
5:30 pm		Indoor Cycling	ABS-olutely	<u>CrossFit Class</u> CrossFit Area		
6:30 pm						
7:00 pm						Last Updated Dec 21



Free child care is available for children 6 wks through 12 yrs, on site, Monday through Friday 8 AM - 7 PM Saturday 8 AM - 3 PM.

Appropriate activities and supervision will be provided by qualified CYS care-giving staff. Child care is offered while you participate in fitness activities. You must remain on-site while your children are in care. Child care will be provided on a first-come, first-served basis. Food service will not be provided. Your children must first be registered with CYS Services Central Enrollment Registration Bldg. 2295 on the corner of 12 St & Bitar Ave. Parents will need to furnish diapers and wipes (labeled please), pre-made formula in labeled plastic bottles, infant food in unopened jars/boxes, change of clothing in a labeled diaper bag, backpack or plastic bag (infant through preschool age), shoes required, name and number of a LOCAL emergency contact person and a copy of the child's immunization records. For additional information on child care services at Jensen, call 253-967-1254. FREE Microfit fitness assessments available (body fat, flexibility, strength, aerobic fitness, and blood pressure). Call 253-966-3757 or drop by the office near the front desk. Free certified group trainer services are available (machine orientations, group workout programs, body fat analysis). For more information on group trainer services at Jensen, call 253-967-7471