

# WIESBADEN SPORTS AND FITNESS CENTER GROUP FITNESS

**SPECIAL EVENTS:**

**1800-1900 August 6, 13, 20, 27:** Join our newest fitness instructor, Melissa with a “Learn to Dance Salsa: Adult Beginner Salsa Series.” This 4 week progressive course is perfect for the absolute beginner, even those with no previous dance experience who think they have two left feet! You will be introduced to this popular social latin dance in a fun, comfortable and encouraging environment. We will focus on the foundational steps that will get you out on the dance floor, including the basic step, right turn, cross body lead, left turn, and more. You will learn the fundamentals of leading/following and how to dance with a partner (although you do not need a partner to sign up), while being introduced to the rhythms of salsa music. Classes will meet every Tuesday for 4 weeks price is \$50pp.

## August 2024

SUN	MON	TUE	WED	THU	FRI	SAT
				1 0600 Spin AF Spin 1000 Athletic Step NK 1C 1715 FFT 101 FUS	2 <b>Training Holiday 0830-1700</b>	3 0900 FFT 101 FUS
4 1145 Spin AO Spin	5 <b>Training Holiday 0830-1700</b>	6 0900 Yoga Flow LG MB 1000 Tabata NK 1C 1715 FFT 101 FUS 1800 Salsa Dance ME 1C	7 1130 Pump NK 1C 1145 Spin AO Spin 1800 BANG EM 1C	8 1000 Athletic Step NK 1C 1100 BANG EM 1C 1715 FFT 101 FUS	9 0930 Pump NK 1C 1045 POP Pilates NK 1C	10 0900 FFT 101 FUS
11 0930 Pump+Core NK 1C 1045 POP Pilates NK 1C 1145 Spin AO Spin	12	13 0900 Yoga Flow LG MB 1000 Tabata NK 1C 1715 FFT 101 FUS 1800 Salsa Dance ME 1C	14 1130 Pump NK 1C 1145 Spin AO SPIN 1800 BANG EM 1C	15 1000 Athletic Step NK 1C 1100 BANG EM 1C 1715 FFT 101 FUS	16 0930 Pump NK 1C 1045 POP Pilates NK 1C	17 0900 FFT 101 FUS
18 0930 Pump+Core NK 1C 1045 POP Pilates NK 1C 1145 Spin AO Spin	19	20 1000 Tabata NK 1C 1000 FFT LM FUS 1715 FFT 101 FUS 1800 Salsa Dance ME 1C	21 1130 Pump NK 1C 1145 Spin AO Spin 1800 BANG EM 1C	22 0600 Spin AF Spin 1000 Athletic Step NK 1C 1100 BANG EM 1C 1715 FFT 101 FUS	23 0930 Pump NK 1C 1045 POP Pilates NK 1C	24 0900 FFT 101 FUS
25 0930 Pump+Core NK 1C 1045 POP Pilates NK 1C 1145 Spin AO Spin	26	27 0600 Spin AF Spin 1000 FFT LM FUS 1000 Tabata NK 1C 1715 FFT 101 FUS 1800 Salsa Dance ME 1C	28 1130 Pump NK 1C 1145 Spin AO Spin 1800 BANG EM 1C	29 0600 Spin AF Spin 0900 Yoga LM MB 1000 Athletic Step NK 1C 1100 BANG EM 1C 1715 Spin X Spin	30 <b>Training Holiday 0830-1700</b>	31

**Instructors:**  
 AF Augusta Fehn  
 AO Aida Otieno  
 CH Cymantha Hess  
 LG Lucie Geracl  
 NK Nelli Klygina  
 RD Rey Drummond  
 ME Melissa Elam

**Class Price:**  
 \$5 / Package  
 \$6 / Drop In

**Fitness Rooms:**  
 MB = Mind and Body  
 FUS = Fusion  
 1C  
 Spin

