


# Fitness Schedule MAY 2017! Bldg 1631 "WIESBADEN GROUP FITNESS"

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> 0830 Yoga M&B Am 0900 FFT MGF TN 0900 Body Tone Rm1c AD 1000 Pilates Rm 1c AD 1200 TBE AD 1700 Body Shred Rm 1c EM 1800 Tang Soo Do (MB) SW 1800 Soul Cycle (CR) EM 1830 Zumba Rm 1c MM	<b>2</b> 0900 POWER PUMP /Spin ( Rm1c ) EC 1200 Power Pump -Rm1c EC 1730 Spin (45 min class ) BV 1800 All - Level Yoga (MB ) MB 1830 STRONG (Rm1c ) MS	<b>3</b> 0900 FFT MGF TN 0900 PILOXING (Rm1c) AD 1000 Pilates (Rm1c) AD 1200 TBE RM 1c AD 1730 Ab Dominator/Spin (Rm 1c) 1915 Line Dancing (Rm1c) BT	<b>4</b> 0630 Spin JK 0900 Spin LF 0900 POWER PUMP (Rm1c) EC 1200 TBE-Rm1c AD 1730 Spin (45 min Class ) BV 1800 Yoga M&B EM 1830 ZUMBA (Rm1c) Cookie	<b>5</b> 0900 Body Tone (Rm1c ) AD 1200 Spin (CR ) AR 1830 Beg. Salsa (Rm1c) MM 1915 Adv. Salsa (Rm1c) MM	<b>6</b> 1200-1400 Dan Zan Martial Arts Class \$8 RM M&B
7	<b>8</b> 0830 Yoga M&B AM 0900 FFT MGF TN 0900 Body Tone Rm1c AD 1000 Pilates Rm 1c AD 1200 TBE AD 1700 Body Shred Rm 1c EM 1800 Tang Soo Do (MB) SW 1800 Soul Cycle (CR) EM 1830 Zumba Rm 1c MM	<b>9</b> 0900 POWER PUMP /Spin ( Rm1c ) EC 1200 Power Pump -Rm1c EC 1730 Spin (45 min class ) BV 1800 All - Level Yoga (MB ) MB 1830 STRONG (Rm1c ) MS	<b>10</b> 0900 FFT MGF TN 0900 PILOXING (Rm1c) AD 1000 Pilates (Rm1c) AD 1200 Total Body Express AD 1200 FFT Annex RD 1730 Ab Dominator/Spin (Rm 1c) 1800 FFT Annex RD 1915 Line Dancing (Rm1c) BT	<b>11</b> 0630 Spin JK 0900 Spin LF 0900 POWER PUMP (Rm1c) EC 1200 TBERm1c AD 1730 Spin (45 min Class ) BV 1800 Yoga M&B EM 1830 ZUMBA (Rm1c) Cookie	<b>12</b> 0900 Body Tone (Rm1c ) AD 1200 Spin (CR ) AR 1200 FFT Annex RD 1830 Beg. Salsa (Rm1c) MM 1915 Adv. Salsa (Rm1c) MM	<b>13</b> 1200-1400 Dan Zan Mar- tial Arts Class \$8 RM M&B
14	<b>15</b> 0830 Yoga M&B AM 0900 FFT MGF TN 0900 Body Tone Rm1c AD 1000 Pilates Rm 1c AD 1200 TBE RM1c AD 1700 Body Shred Rm 1c EM 1800 Tang Soo Do (MB) SW 1800 Soul Cycle (CR) EM 1830 Zumba Rm 1c MM	<b>16</b> 0900 POWER PUMP -Rm1c EC 1200 Power Pump M&B EC 1200 Spin LF 1730 Spin (45 min Class ) BV 1800 All - Level Yoga (MB ) MB 1830 STRONG (Rm1c ) MS	<b>17</b> 0900 FFT MGF TN 0900 Piloxing RM1c AD 1000 Pilates AD 1200 LUNCHTIME Yoga (M&B TG 1200 FFT Annex RD 1730 Ab Dominator /SpinRm 2c EM 1800 FFT Annex RD 1800 Tang Soo Do M&B SW 1915 Line Dancing (Rm1c) BT	<b>18</b> 900 POWER PUMP (Rm1c) EC 0900 Spin LF 1200 TBE AD 1730 Spin (45 Min )CR BV 1800 Yoga M&B EM 1830 ZUMBA (Rm1c) Cookie	<b>19</b> 0900 Body Tone (Rm1c ) AD 1200 Spin (CR ) AR 1200 FFT Annex RD 1830 Beg. Salsa (Rm1c) MM 1915 Adv. Salsa (Rm1c) MM	<b>20</b> 1030 Tang Soo Do (Rm1C ) SW 1200-1400 Dan Zan Martial Arts Class \$8 RM M&B
21	<b>22</b> 830 Yoga M&B AM 0900 FFT MGF TN 0900 Body Tone (Rm1c)AD 1000 Pilates RM1c AD 1200 Total Body Express Rm1c AD 1700 Body Shred RM 1c EM 1800 Tang Soo Do (MB) SW 1800 Soul Cycle (CR) EM 1830 ZUMBA (Rm1c) MM	<b>23</b> 0900 POWER PUMP /Spin -Rm1c EC 1200 Spin LF 1200 Power Pump (Rm1c) EC 1730 Spin (45 min Class ) BV 1830 STRONG (Rm1c ) MS	<b>24</b> 0900 FFT MGF TN 0900Piloxing RM1c AD 1000 Pilates RM1c AD 1200 LUNCHTIME Yoga (M&B ) TG 1200 Total Body Express Rm 1c AD 1200 Annex MGF RD 1730 Ab Dominator/Spin Rm 1c EM 1800 Tang Soo Do M&B SW 1800 FFT Annex RD 1915 Line Dancing (Rm1c) BT	<b>25</b> 0630 Spin JK 900 POWER PUMP (Rm1c) EC 0900 Spin LF 1200 TBE (Rm1c)EC 1730 Spin (45 min class ) BV 1800 Yoga M&B EM 1830 ZUMBA (Rm1c) Cookie	<b>26</b> Training Holiday 1000-1700	<b>27</b> Tang Soo Do 1300-1600 Rm 1c Dan Zan Marital Arts Class \$8 RM M&B
28	<b>29</b> Memorial Day Holiday  1000-1700	<b>30</b> 0900 POWER PUMP (Rm1c) EC 1200 Spin LF 1200 Power Pump Rm1c EC 1730 Spin (45 min Class ) BV 1830 STRONG (Rm1c) MS	<b>31</b> 0900 FFT MGF TN 0900 Piloxing RM 1c AD 1000 Pilates RM1c AD 1200 LUNCHTIME Yoga (M&B ) TG 1200 Total Body Express Rm 1c AD 1200 Annex MGF RD 1730 Ab Dominator/Spin Rm 1c EM 1800 Tang Soo Do M&B SW 1800 FFT Annex RD 1915 Line Dancing (Rm1c) BT	<b>INSTRUCTORS:</b> TG - Tony Garcia SW - Sherry Woodward MS - Maggie Sannino EC - Emily Cox C - Cookie TN-Tony Neal EM– Eden Mettert BV– Bob Vasta AM-Amanda Moser BV – Bob Vasta		<b>INSTRUCTORS:</b> AD - Alina Dukes MD - Maria Diaz MB - Mark Brohm SG - Stefanie Gooding MM - Miguel Moya BT - Belinda Towolawi AR - Alina Rodriguez RD– Rey Drummond LF-Leigh Feathers BK-Bob Kames

### **Zumba/Zumba Step/Zumba Toning/**

Party yourself into shape with this exhilarating, effective, easy-to-follow, latin inspired dance program. This is a great way to get your cardio while having fun at the same time.

### **Strong by Zumba**

If you love Zumba and love to challenge the body with moves that are explosive and work your core and rock your soul, then STRONG by Zumba is your new class. Join us for an hour sweat session and leave feeling exhilarated.

### **Pilates**

Discover how to build up your body and core from the inside out. This class is designed for all fitness levels, and will help you to find your center.

### **Body Tone**

Intense full body conditioning class, designed to sculpt and increase muscle tone utilizing circuit training, interval training, plyometrics, supersets, and weight lifting. The routine will change constantly so you won't get bored.

### **Total Body Express**

Strengthen the muscles of your core with an added aerobic aspect to burn fat and show off those sleek, toned Abs. Core training is an effective way to reduce the risk of lower back pain, neck pain, torn muscles, ruptured disks, strained ligaments and incontinence.

### **Spin / Cycle**

Turn off the lights and take a ride in the dark, while the music helps you explore the intense side of interval training. The energy in this class is at an all time high, leaving you at the end of the class with pure satisfying exhilaration.

### **Tang Soo Do**

Tang Soo Do is a traditional Korean Martial Art that is 2000 years old. It combines traditional techniques, self-defense and self-discipline. Students will see improved physical strength, stamina, and focus/ concentration and most importantly, increased self-confidence. Techniques include kicking, punching, blocking, forms (hyung/kata), weapons, one step sparring and self-defense techniques

### **Body Shred**

This is a HIIT in combination with circuits, performing strength exercises, cardiovascular and core strength into each circuit, All fitness levels welcome.

### **H.E.A.T**

High Explosive Anaerobic Training concentrating on core strength and a variety of plyometric moves to challenge every muscle fiber in your body. 8-10 key exercises performed at 30 reps each before moving on to the next. Push your mind and body farther each time and see result

### **Power Pump**

Get ready to get fit with a full body workout that incorporates each body part into a full song using counts using weights. Great for beginners or the expert, all levels welcome

### **Muscle Failure / Spin**

All fitness levels are welcome to this multifunctional, fat burning, muscle toning, high energy class that uses high repetition and low weight to sculpt a "fit you".

### **All Level Yoga/Beginner Yoga/Yoga for Warriors**

All Level Yoga uses traditional yoga poses to create a well- rounded flow workout with a gentle approach. This multi-level class is perfect for any athlete, yoga practitioner, or anyone interested in becoming stronger and more flexible. Yoga for Warriors works well for those who have experienced PTSD, TBI's, trauma, high stress and depression, see Maria, Tony and Amanda for more information. Beginners welcome.

### **Dan Zan Martial Arts**

Conditioning through learning throws, blocks, strikes, falls, submission holds and escapes that with time and practice offer an effective way to have better chance at surviving an attack from a larger more skilled opponent. All levels welcome.

### **Ab Dominator/Spin**

Combine abs and spin together in this 1 hour class. Begin with a spin class to work your fat burning zone and then finish with an intense ab program guaranteed to work your core.

### **PILOXING**

PILOXING is an exciting Fitness Program that blends the best of Pilates, Boxing and Dance into a high energy interval workout. It is interval and barefoot training program that burns maximum calories, increases stamina and incorporates the use of weighted gloves for toning the arms.

### **Line Dancing**

Learn the latest in line dancing and some of the oldies too, with this fun and easy to follow program.

### **Salsa**

Join us for salsa, either with a partner or without. Learn the basics of salsa and eventually how to partner dance. Easy to follow and so much fun.