



Fitness Schedule December

Classes Subject to Change/Cancel

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Instructors: BV-Bob Vasta RD-Rey Drummond SW-Sherry Woodward AR-Alina Rodriguez BK-Bob Karnes CSM- Chad Pinkston ES-Emily Shieh TG-Tony Garcia AD- Alina Dukes EM-Eden Mettert TN-Tony Neal CH-Christy Hudson	Instructors: AL-Abigail Luciano CS-Chris Salles MW- Marissa Walker Rooms: M&B-Mind and Body Rm 206 Spin- Rm 212 Main Fit Rm 1c 208 Annex- Building 1043 Fitness Center 0611-143-548-9830 or DSN 548-9830			1 0900 BodyTone-AD-1c 1000 Barre-CH-M&B 1100 Yoga-CH-M&B 1200 FFT-ES-Annex 1200 Power Hour-CH-1c 1200 Spin-AR 1800 FFT- ES-Annex	2 1030 Tang Soo Do-SW 1200-1400 Golden Sage Martial Arts BK-1c
3	4 0900 FFT-TN-Main Gym 0900 BodyTone-AD-1c 1000 Pilates-AD-1c 1200 FFT-ES-Annex 1200 TBE-AD-1c 1800 Spin-EM 1800 TangSooDo-SW-1c 1800 FFT-SG- Annex	5 0630 Spin-CSM 0900 Powerpump-EM-1c 1000 Booty barre-EM-M&B 1100 PiYo-CH-1c 1200 Power Hour-CH-1c 1730 Hip Hop cardio-MW-1C	6 0615 Spin-SG 0900 FFT-TN Main Gym 0900 Piloxing-AD-1c 1000 Pilates-AD-1c 1200 TBE-AD-1c 1200 FFT-ES-Annex 1200 Yoga-CS-M&B 1730 Spin/Ab-EM 1730 Fit2gether-AL 1800 FFT-ES-Annex 1800 TangSooDo-SW-1c	7 0900 Powerpump-EM-1c 1000 Booty barre-EM-M&B 1200 TBE-AD-1c 1730 Booty Barre- EM 1730 Spin- BV (45min) 1830 Power Yoga-EM-M&B	8 0900 BodyTone-AD-1c 1000 Barre-CH-M&B 1100 Yoga-CH-M&B 1200 Power Hour-CH-1c 1200 FFT-ES-Annex 1800 FFT-Es-Annex	9 1000 Tang Soo Do-SW 1200-1400 Golden Sage Martial Arts BK-1c
10	11 0900 FFT-TN-Main Gym 0900 BodyTone-AD-1c 1000 Pilates-AD-1c 1200 TBE-AD-1c 1800 Spin-EM 1800 TangSooDo-SW-1c	12 0900 Powerpump-EM-1c 1000 Booty barre-EM-M&B 1100 PiYo-CH-1c 1200 Power Hour-CH-1c 1730 Spin- BV (45min) 1730 Hip Hop cardio-MW-1C	13 0900 FFT-TN Main Gym 0900 Piloxing-AD-1c 1000 Pilates-AD-1c 1200 TBE-AD-1c 1200 Yoga-CS-M&B 1730 Spin/Ab-EM 1730 Fit2gether-AL 1800 TangSooDo-SW-1c	14 0900 Powerpump-EM-1c 1000 Booty barre-EM-M&B 1200 TBE-AD-1c 1730 Booty Barre-EM 1730 Spin- BV (45min) 1830 Power Yoga-EM-M&B	15 0900 Body Tone-AD-1C 1000 Barre-CH-M&B 1100 Yoga-CH-M&B 1200 Power Hour-CH-1c 1200 Spin-AR 1200 FFT-ES-Annex 1800 FFT-ES-Annex	16 Jingle Jog 5K Fun Run 0900  1000 Tang Soo Do-SW-1c 1200-1400 Golden Sage- Martial Arts BK-1c
17	18 0900 FFT-TN-Main Gym 0900 Body Tone-AD-1c 1000 Pilates-AD-1c 1200 TBD-AD-1c 1800 FFT-ES-Annex 1800 Spin-EM 1800 TangSooDo-SW-1c 1800 FFT-SG-Annex	19 0630 Spin-CSM 0900 Powerpump-EM-1c 1000 Booty barre-EM-M&B 1100 PiYo-CH-1c 1200 Power Hour-CH-1c 1730 Spin- BV (45min) 1730 Hip Hop cardio-MW-1C	20 0615 Spin-SG 0900 FFT-TN-Main gym 0900 Piloxing-AD-1c 1000 Pilates-AD-1c 1200 FFT-ES-Annex 1200 Yoga-CS-M&B 1200 TBE-AD-1c 1730 Spin/Ab-EM 1730 Fit2gether-AL 1800 FFT-ES-Annex	21 0630 Spin-CSM 0900 Powerpump-EM-1c 1000 Booty barre-EM-M&B 1200 TBE-AD-1c 1730 Booty Barre-EM 1730 Spin- BV (45min) 1830 Power Yoga-EM-M&B	22 Regular Hours No Classes Holiday Leave for Instructors	23
24/ 31	25 Merry Christmas Holiday 1000-1700 No Classes Holiday Leave for Instructors	26 Training Holi- day Hours 1000-1700 No classes Holiday leave for Instructors	27 Regular Hours No Classes Holiday leave for Instructors	28 1000 Booty barre-EM-M&B 1730 Booty Barre-EM 1730 Spin- BV (45min) 1830 Power Yoga-EM-M&B	29 1000 Barre-EM-M&B 1100 Yoga-EM-M&B 1200 Power Hour-EM-1c	30 1200-1400 Golden Sage Martial Arts BK-1c

SPORTS, FITNESS & OUTDOOR RECREATION CENTER

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Fitness Course Descriptions

<p>Fit2gether Join us for full body work out that takes workouts from Boot Camps and incorporates them into a Circuit style workout to help you push your body beyond its limits.</p>	<p>Hip Hop Cardio Music and foot work combines high intensity interval training with the science of Synced Music Motivation. In every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster.</p>
<p>Body Tone (BT) Intense full body conditioning class designed to sculpt and increase muscle tone while utilizing circuit training, interval training, plyometrics, supersets, and even weight lifting. Borden is not an issue here!</p>	<p>Total Body Express (TBE) Learn fundamental skills and guidelines for using the Body Bar in Total Body Express--sculpt and define each muscle group and target your entire core region with hardcore abs, back, and legs.</p>
<p>Spin/Cycle Do you want to train like an athlete, ride like a racer, and find your inner competitor? Jump on a bike and ride to the driving beats that will improve your cardio endurance and muscular strength. This low impact/high intensity workout will leave you drenched in sweat, yet inspired to come back for more!</p>	<p>Spin/Abdominator An awesome indoor cycling class that provides all the terrain you need – hills, climbs, flats, and much more! Set to rockin' music, you are sure to break a sweat as you cross the finish line with the team. Oh and there is more as you challenge yourself with abdominal/core exercises that will build that six-pack.</p>
<p>Dan Zan Martial Arts Golden Sage Martial Art classes are for Adults 18 years and older. Our DanZan Ryu is a martial Art system founded in Hawaii in the 1930's. This Martial Art System contains all types of self-defense arts to be used for appropriate self- defense needs or simply to study the joy of working together in positive movement in action. Many martial arts are explored to appreciate them and to learn how to apply or defend against them. Our classes provide a safe, non-aggressive way to explore most all of the martial arts at the level of each student beginner, intermediate to advance.</p>	<p>Body Shred This high intensity (H.I.I.T.) and endurance circuit training program provides you the opportunity to shred excess weight.</p>
<p>Power Pump This "original barbell" class that strengthens your entire body and challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!</p>	<p>Power Yoga Will torch your calories, tone, strengthen and rinse your body, clear your mind and leave you with a sense of accomplishment and empowerment. The dynamic mix of sweat and spirit that is cultivated in a Power Yoga class will challenge you to step up to your edge,</p>
<p>Yoga A regular yoga practice will help transform your mind and body, ultimately helping you find inner calmness and peace. Enhance your strength, balance, flexibility and stability. Leave feeling stronger and more centered. Just breathe... OM.</p>	
<p>Kickboxing Kick box your way into high-energy intervals. You will kick, punch - and then get your fitness on! Great way to maximize your time!</p>	<p>Functional Fitness Training (FFT) A core strength & conditioning program that delivers fitness that is by design, broad, general, and inclusive. This class offers you a constantly varied, intense and functional 60 min training session—scaled to meet all fitness levels.</p>
<p>PiYo PiYo is also designed to increase flexibility, stability and strength. The program accomplishes this by utilizing a unique combination of Pilates and Yoga-based moves to produce long, lean and toned muscle all while keeping the pace quick enough to help you burn unwanted fat.</p>	<p>Barre One of the hottest trends in the industry - Barre-provide you exercises for that long, lean, sculpted look. A total body workout that lifts your booty, tones your thighs, abs and arms, and scorches fat away.</p>
<p>Bootybarre Is a fun, energetic, workout that fuses techniques from Dance, Pilates, and Yoga that will tone, define and chisel your whole body to the masterpiece that you are looking for. Enjoy your transformation!</p>	<p>Pilates This popular mat workout developed by Joseph Pilates concentrates on core strength, body alignment and muscular balance without adding bulk. If you are looking for that long, lean dancer body, then this is the class for you!</p>
<p>Power Hour A different workout every class! Break free from your fitness plateau in this high-impact, high-intensity full body workout. Explore innovative compound exercises designed to challenge you in this fun and energetic class. Cardio, strength-training, functional fitness, plyometrics, agility, speed-work, balance and core exercises...anything goes in this class! Bring your energy and imagination!</p>	<p>Piloxing This class mixes Pilates and boxing moves into a fat torching, muscle sculpting, core-centric interval workout, guaranteed to whip you into shape, using a class format that's both fun and challenging. In addition to Pilates and boxing movements, the exercise incorporates the use of weighted gloves which add to the workout by toning the arms and maximizing cardiovascular health.</p>