



**Fitness Resolution Day
Saturday, 20 Jan 2018
“Evolution for Change!”**

Fitness Classes/Timeline(s):

1015-1100 M& B Room- **Primal Barre- Eden Mettert**
1015-1100 RM 212 Cycle Room- **Spin- Steffi Gooding**
1015-1100 RM 1c-Main Fitness Room- **Piloxing- Alina Dukes**
1015-1100 Main Gym Floor- **1000/500lb Testing- Steve Sanders/Ray Rivera**
*1015-1100 **Fitness Assessments** provided by our personal trainers
1030-1130- **FFT BeaverFit Ceremonial Launching- WOD “The Mack” Rey D.**

1115-1200 M&B Room- Barre- **Christy Hudson**
1115-1200 RM 212 Cycle Room- **Spin- Maria Diaz**
1115-1200 RM 1c-Main Fitness Room- **Hip Hop Cardio- Marissa Walker**
1115-1200 Main Floor- **1000/500lb Testing- Steve Sanders/Ray Rivera**

1215-1300 M&B Room- Yoga- **Tony Garcia**
1215-1300 RM 212 Cycle Room- **Spin & Strength- Eden Mettert**
1215-1300 RM 1c- Main Fitness Room- **PiYo- Christy Hudson**
1215-1300 Main Floor- **1000/500lb Testing- Steve Sanders/Ray Rivera**
*1215- 1300 **Fitness Assessments** provided by our Personal Trainers
1230-1330 **BeaverFit Ceremonial Launching #2-WOD“The Mack” Rey D.**

1315-1400 M&B Room- **Primal TRX- Eden Mettert**
1315-1400 RM 212 Cycle Room- **Spin- Alina Rodriguez**
1315-1400 FFT Area-Main Gym- **Mission Essential Fitness (MEF) - Maria Diaz**
1315-1400 RM 1c-Main Fitness Room- **Golden Sage Martial Arts- Bob Karnes**

Massage & Wellness Therapy:

1015-1400-Main Fitness Floor(Continual 10 min mini-massages)-**Jessie Sternchen**
1015-1130-Main Fitness Floor (Continual 10 min mini-massages)-**Bob Karnes**
****Amanda Moser** will assist throughout the day as needed
Volunteer massages by **Ruth Douglas throughout the day



Fitness Course Descriptions:

Primal Barre

A fusion of animal flow—floor based work out with the toning of Barre (pilates & strength all done with little animal instincts in shape....growl!!!

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!

Golden Sage Martial Arts

Golden Sage Martial Art classes are for Adults 18 years and older. Our martial art system was founded in Hawaii in the 1930's and 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. Ages: 16 years old with parent present and 17 years old with parental permission—all adults ages 18 years old and up are welcomed.

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.

Mission Essential Fitness

Mission Essential Fitness (MEF) is the training required to condition Soldiers to perform their mission, in Garrison as well as any operational environment. Functional Training is the rule here!

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.

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.

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. BeaverFit container outside will be utilized to do a memorial WOD.

1000/500lb Strength Club

Test your strength and try our 1000/500 lb. challenge in which you have three attempts to get your one rep max in the squat, deadlift, and bench press. Bring it on Hercules- plus you get a t-shirt and your name on the 1000/500 lb. Club board.

Spin & Strength

Get a combination of both indoor cycling and strength training. This class is sure to rev up your metabolism, promote a healthy heart, and blast fat, while maintaining muscle mass as you alternate intense cardio intervals (on the bike) with less intense strength intervals. Proper form is emphasized on and off the bike and all levels are welcome.

Hip Hop Cardio

Blast your cardio fitness level through the roof with the best of any type of cardio training that the instructor feels like throwing at you! You will challenge your aerobic and anaerobic threshold every time; so come prepared to get your cardio on! Hip hop music included!

Barre

One of the hottest new trends in the fitness industry- Barre provides you exercises for that lean sculptured body that you are looking for. This is a total body workout that aims to tone arms, thighs, abs, arms, as well as the entire body.

Fitness Assessments

Our trainers will provide a fitness assessment to you that includes a PAR-Q and BMI to help you plan your training.