



# Fitness Schedule MAY 2018

\*Fitness Classes Subject to Changes/Cancellations\*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> 0630 Spin-CSM-Cycle Rm 0900 Power pump-EM-1c 1000 Booty Barre-EM-M&B 1000 Spin-AR-Cycle 1100 Gentle Yoga-CH-M&B 1200 Power Hour-CH-1c 1200 FFT-RD-Annex 1630 TRX/Barre-EM-1c 1800 FFT-RD-Annex	<b>2</b> 0900 FFT-TN-PFC 0900 Kick boxing-CH1c 1000 Pilates-CH-1c 1200 Barre Express (30min) CH-M&B 1200 Yoga-CS-1c 1730 Spin/Ab-EM-Cycle	<b>3</b> 0630 Spin-CSM-Cycle Rm 0900 Power pump-EM-1c 1000 TRX/Barre-EM-M&B 1200 Spin Extreme(30min)RD Cycle Rm 1630 TRX Extreme(30min)-EM M&B 1830 Zumba- C- 1c	<b>4</b> 0900 HIIT Circuit-AM-1c 1000 Barre-CH-M&B 1100 Yoga-CH-M&B 1200 Power Hour-CH-1c 1200 FFT-RD-Annex 1630 FFT- RD- Annex 1815 Beg. Salsa-C-1c 1915 Adv. Salsa-C-1c	<b>5</b> 1200-1400 Golden Sage Martial Arts-BK -1c
<b>6</b>	<b>7</b> 0900 FFT-TN-PFC 1000 Ab Lab Extreme (30min)-EM-1c 1200 FFT-RD-Annex 1730 Spin/Strength-EM-Cycle 1800 FFT- RD- Annex	<b>8</b> 0630 Spin-CSM-Cycle Rm 0900 Power pump-EM-1c 1000 Spin- AR- Cycle Rm 1000 Booty Barre-EM-M&B 1100 Gentle Yoga-CH-M&B 1200 Power Hour-CH-1c 1630 TRX/Barre-EM-1c	<b>9</b> 0900 FFT-TN-PFC 0900 Kick boxing-CH-1c 1000 Pilates-CH-1c 1200 Barre Express(30min) CH-M&B 1200 FFT-RD-Annex 1730 Spin-/Ab- EM-Cycle RM 1800 FFT- RD- Annex	<b>10</b> 0630 Spin-CSM-Cycle Rm 0900 Power pump-EM-1c 1000 TRX/Barre-EM-M&B 1200 Spin Extreme(30 min)-RD Cycle Rm 1630 TRX Extreme(30min)-EM M&B 1830 Zumba- C- 1c	<b>11</b> 0900 HIIT Circuit-AM-1c 1000 Barre-CH-M&B 1100 Yoga-CH-M&B 1200 Power Hour-CH-1c 1200 FFT-RD-Annex 1630 FFT- RD- Annex 1815 Beg. Salsa-C-1c 1915 Adv. Salsa-C-1c	<b>12</b> 0900 Spin-RD-Cycle 1200-1400 Golden Sage Martial Arts-BK -1c
<b>13</b>	<b>14</b> 0600 Yoga-CS-M&B 0900 FFT-TN-PFC 1000 Ab Lab Extreme (30min) RD- 1c 1200 FFT-RD-Annex 1700 Spin Extreme (30min) RD-Cycle 1800 FFT-RD-Annex	<b>15</b> 0900 Power pump-MY-1c 1000 Booty Barre-MY- M&B 1000 Spin- AR- Cycle Rm 1100 Gentle Yoga-CH-M&B 1200 Power Hour-CH-1c 1630 TRX/Barre-AM-1c 1700 Spin Extreme (30min) RD -Cycle	<b>16</b> 0900 FFT-TN-PFC 0900 Kick boxing-CH-1c 1000 Pilates-CH-1c 1200 FFT-RD-Annex 1200 Barre Express (30min) CH-M&B 1200 Yoga-CS-1c 1730 Spin-/Ab- EM-Cycle Rm 1800 FFT- RD- Annex	<b>17</b> 0900 Power pump-MY-1c 1000 TRX/Barre-MY-M&B 1200 Spin Extreme(30 min)-RD Cycle Rm 1630 TRX Extreme(30min)-AM M&B 1830 Zumba- C- 1c	<b>18</b> 0900 HIIT Circuit-AM-1c 1000 Barre-CH-M&B 1100 Yoga-CH-M&B 1200 FFT- ES-Annex 1200 Power Hour-CH-1c 1630- FFT- ES- Annex 1815 Beg. Salsa-C-1c 1915 Adv. Salsa-C-1c	<b>19</b> 1200-1400 Golden Sage Martial Arts-BK -M&B <div style="border: 1px solid black; padding: 5px; width: fit-content;"> <b>MWR EVENT "THE MURPH" 1030-1330</b> </div>
<b>20</b>	<b>21</b> 0600 Yoga-CS-M&B 0900 FFT-TN-PFC 1000 TRX Extreme (30min)-EM M&B 1200 FFT-ES-PFC 1730 Spin/Strength-EM- Cycle 1800 FFT-RD-Annex	<b>22</b> 0630 Spin-CSM-Cycle Rm 0900 Power pump-EM-1c 1000 Booty Barre-EM-M&B 1000 Spin- AR- Cycle Rm 1100 Gentle Yoga-CH-M&B 1200 Power Hour-CH-1c 1200 FFT- ES- PFC 1630 TRX/Barre-EM-1c 1700 Spin Extreme (30min) RD -Cycle	<b>23</b> 0900 FFT-TN-PFC 0900 Kickboxing- CH-1c 1000 Pilates-CH-1c 1200 Yoga-CS-1c 1200 FFT-ES-Annex 1200 Barre Express (30min) CH-M&B 1730 Spin/Ab-EM-Cycle Rm 1800 FFT- RD- Annex	<b>24</b> 0630 Spin-CSM-Cycle Rm 0900 Power pump-EM-1c 1000 TRX/Barre-EM-M&B 1200 Spin Extreme(30 min)-RD Cycle Rm 1230 FFT-RD-PFC 1630 TRX Extreme(30min)-EM M&B 1630 FFT-RD-Annex 1830 Zumba- AR- 1c	<b>25</b> <b>Training Holiday Facility Opens: 0800-1700</b>	<b>26</b> 1200-1400 Golden Sage Martial Arts-BK -1c
<b>27</b>	<b>28</b> <b>Training Holiday Facility Opens: 0800-1700</b>	<b>29</b> 0630 Spin-CSM-Cycle Rm 0900 Power pump-EM-1c 1000 Booty Barre-EM-M&B 1000 Spin- AR- Cycle Rm 1100 Gentle Yoga-AM-M&B 1200 FFT- ES- Annex 1200 Power Hour-EM-1c 1630 TRX/Barre-EM-1c 1800- FFT- RD- Annex	<b>30</b> 0900 FFT-TN-PFC 1000 Ab Lab Extreme (30min) RD- M&B 1200 Yoga-CS-1c 1200-FFT-ES- Annex 1200 Power Hour-EM-1c 1200 Barre Express (30min) EM-M&B 1730 Spin/Ab-EM-Cycle Rm 1800 FFT- RD- Annex	<b>31</b> 0630 Spin-CSM-Cycle Rm 0900 Power pump-EM-1c 1000 TRX/Barre-EM-M&B 1200 Spin Extreme(30 min)-RD Cycle Rm 1630 TRX Extreme(30min)-EM M&B 1830 Zumba- AR- 1c	<u>Instructors:</u> AR-Alina Rodriguez RD-Rey Drummond BK-Bob Karnes CSM- Chad Pinkston ES-Emily Shieh EM-Eden Mettert TN-Tony Neal CH-Christy Hudson AM- Amanda Moser MW- Marissa Walker CS-Chris Salles MY- Mandy Yearsly C- "Cookie"	<u>Rooms:</u> M&B-Mind and Body Rm 206 Spin- Cycle Rm 212 Main Fit Rm 1c 208 Annex- Building 1043 PFC- Physical Fitness Center  <b>Physical Fitness Center #:</b> <b>Civ: + 49 611-143-548-9830</b> <b>DSN: 548-9830 (Front Desk)</b>

## SPORTS, FITNESS & OUTDOOR RECREATION CENTER

Wiesbaden.ArmyMWR.com  
Wiesbaden Family and MWR



# Fitness Course Descriptions



<p><b>Barre Express (30-min) *New Class</b> So you don't have time for a one-hour Barre class— now introducing Barre Express— a 30-minute workout that gets you in and out of training and enough time to show off your new body....</p>	<p><b>TRX Extreme (30 min) *New Class</b> Introducing the newest fitness trend of 30 minutes of extreme TRX suspension training. Concentration is on full body with providing you a fast and furious training session—Hang in there!!!!</p>
<p><b>Spin Extreme- (30 min) *New Class</b> Perfect opportunity to “hop on and hop off” an indoor bike for 30 minutes of extreme training and have time to eat lunch before returning back to work. Music included!</p>	<p><b>AB LAB Extreme (30 min) *New Class</b> Turn that keg into a 6-pack and join in the hottest ab and core training program that will get you in shape in no time.</p>
<p><b>HIIT Circuit *New Class</b> High Intensity Interval Training (HIIT) will set you in the right direction for you to challenge yourself with music, fitness stations, and positive energy.</p>	<p><b>TRX/Barre</b> Suspension training for the entire body with a core and mobilization focus fused with Barre for added sculpting of the thighs, gluts and core. Wonderful!</p>
<p><b>Spin/Cycle</b> 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><b>Spin/Abdominator</b> 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><b>Golden Sage Martial Arts</b> 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.</p>	<p><b>Kickboxing</b> This high-energy <b>workout</b> challenges the beginner and elite athlete alike. Builds stamina, improves coordination and flexibility, and burns calories as you build lean muscle with this fun and challenging <b>workout</b>. <b>“Kick, punch, and scream your way to a great looking body!”</b></p>
<p><b>Power Pump</b> 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><b>Gentle Yoga</b> A gentle yoga practice that will help transform your mind and body, ultimately helping you find inner calmness and peace. Enhance your strength, balance, flexibility and stability—leaving you feeling stronger and more centered. Just breathe... OM.</p>
<p><b>Spin/Strength</b> This <b>Strength</b> and <b>Spin Workout</b> is a combination of high intensity intervals on the indoor bike and then a couple of minutes to conduct toning and strength off the bike. Accept the challenge.</p>	<p><b>Functional Fitness Training (FFT)</b> A core strength &amp; 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><b>Booty Barre</b> 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><b>Barre</b> 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><b>Power Hour</b> A different workout every class! Break free from your fitness plateau in this high-impact, high-intensity full body workout. Bring your energy and imagination!</p>	<p><b>Pilates</b> 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><b>Salsa</b> Salsa in Spanish means sauce and in this class the sauce is hot and spicy! Come join in as a beginner or as an advanced dancer!</p>	<p><b>Zumba</b> Ditch the workout and join the party – exercise has never been so fun! This fun, easy to follow cardio dance class combines high energy and motivating Latin music. “Dance your worries away!”</p>