



## Boot Camp

**Date:** Starts Monday, May 28 to July 5

[Wiesbaden Sports, Fitness and Outdoor Recreation Center](#) - Clay Kaserne Bldg. 1631

Fitness enthusiasts who want to get into a routine of regular exercise will want to let the professionals at the Wiesbaden Sports, Fitness and Outdoor Recreation Center guide them during Boot Camp.

Boot Camp training begins with dynamic stretching and running, followed by a wide variety of interval training, including lifting weights/objects, pulling rubber TRX straps, push-ups/sit-ups, plyometrics, and various types of intense explosive routines. Sessions usually finish with yoga stretching. Many other exercises using weights and/or body weight, similar to Functional Fitness routines, that are used to lose body fat, increase cardiovascular efficiency, increase strength, and help people get into a routine of regular exercise. Participants will weigh-in prior to commencement of the program and again at the end of this 6-week fitness program. This program additionally offers two weekend nutritional seminars that will be provided by professional fitness trainers.

Training sessions are six- weeks duration, extremely strenuous, and involve training that will be held in an outside open environment for 75 minutes. Training days are every Tuesday and Thursday both at 9-10:15 a.m. and then at 5:30-6:45 p.m. On April 2, May 28 and July 23 (for each respective Boot Camp session) -- participants will meet with the trainer to do fitness assessments- Tape, BMI, Height and Weight, and fill-out Par-Q. Times for all fitness assessments are 8-10 a.m., noon to 2 p.m. and 4-6 p.m.

Maximum participation: 40 participants

**Cost:** \$159 per person; **Registration Info:** Register at the Wiesbaden

Sports, Fitness and Outdoor Recreation Center. **Contact:** Tel: [+49 \(0\)611-143-548-9830](tel:+49(0)611-143-548-9830) or [+49 \(0\)611-143-548-9801](tel:+49(0)611-143-548-9801)

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## Saving, Investing and Building Wealth

**Date:** Tuesday, May 29, 10-11 a.m.

[Texas Str. 57, Training Room, Apt. 3](#) - Hainerberg Housing Wiesbaden 65189

This class will identify reasons to save and how to set goals for a savings plan. Participants will explore the difference between short term savings and long term investments.

**Cost:** Free; **Registration Info:** Register with ACS; **Contact:** Tel: +49 (0)611-143-548-9201

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## Two-Step Tuesday in the Lounge

**Date:** Tuesday, May 29, 6-10 p.m.

[Wiesbaden Entertainment Center](#) - Hainerberg Bldg. 7891 Wiesbaden 65189 [Google Map](#)

Two-steppers are invited to the Wiesbaden Entertainment Center Lounge every Tuesday for a country-themed evening. Enjoy line dancing, country lemonade and your favorite country tunes.

**Cost:** Free; **Registration Info:** No registration required. **Contact:**

Tel: +49 (0)611-143-548-9404 or +49 (0)611-143-548-9406

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## CYS Summer Season Sports Enrollment

**Date:** now through July 27

[CYS Sports & Fitness](#) - Clay Kaserne Bldg. 1213 Annex Wiesbaden 65205

Enrollment is now open and continues through July 27 for Child and Youth Services Summer Season Sports. The season runs from June to August. **CYS Summer Season Sports include: Dodgeball -- Ages 8-15; Bowling -- Ages 8-15; Archery -- Ages 8-15; Various Camps** (Soccer, Baseball, Cheer, Basketball, Football, Plyometric, Speed, Strength, Conditioning) -- Ages 3-18.

**Cost:** Check with Parent Central Services for individual costs. **Registration**

**Info:** Register at Parent Central Services in Building 1213 on Clay Kaserne. Call civ (0611) 143-548-9356.

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# Money Management - Steps to Financial Planning

**Date:** Thursday, May 31, 1-2 p.m.

[Texas Str. 57, Training Room, Apt. 3](#) - Hainerberg Housing Wiesbaden 65189

This course explains the importance of effective financial management. Successful financial management is setting short and long range financial goals and learning how to stick to a budget to reach those goals. Participants will gain a better understanding of their personal spending habits and how to design their own plan for success.

**Cost:** Free; **Registration Info:** Register with ACS; **Contact:** Tel: +49 (0)611-143-548-9201

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## Father Daughter Dance

**Date:** Jun 1, 6-8:30 p.m.

[Wiesbaden Entertainment Center](#) - Mississippi Str. Bldg. 7891 Hainerberg Housing Wiesbaden 65189 Germany

Two Father Daughter Dances will be held at the Wiesbaden Entertainment Center in June: June 1, 2018: For children in Kindergarten through Grade Five and June 22, 2018: For children in Grades Six through 12. Besides the evening's entertainment, a full dinner will be provided.

**Cost:** \$20 per person; **Registration Info:** Purchase tickets at Parent Central Services. Space is limited so get your tickets as soon as possible to reserve your space.

**Contact:** Tel: +49 (0)611-143-548-9356

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## The Odd Couple (Female Version)

**Date:** Jun 1, 7:30-10 p.m.

**Amelia Earhart Playhouse** - Konrad-Adenauer-Ring 39 65187 Wiesbaden Wiesbaden

The Wiesbaden Amelia Earhart Playhouse presents the female version of "The Odd Couple." "The Odd Couple" female version is a 1980s re-take of the original Neil Simon comedy. In this version, the main characters are Olive, a divorced television producer, and Florence, a recently separated homemaker. They've got their friends to help them ... as long as they don't kill each other first.

Performances are scheduled to be held at the Amelia Earhart Playhouse on May 18-19, June 1-3 and 8-10. Showtimes are at 7:30 p.m. on Fridays and Saturdays; 2 p.m. on Sundays. (Read more here:

<https://www.army.mil/article/20562/volunteers-bring-the-odd-couple-to-life-in-community-theater-production>

**Cost:** \$12 for adults; \$10 for students ages 12-18; \$8 for children ages 5-11.

**Registration Info:** Purchase tickets at the Wiesbaden Arts and Crafts Center or the Amelia Earhart Playhouse. **Contact:** Tel: [+49 \(0\)611-143-548-9812](tel:+4906111435489812)

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## Other Upcoming Highlights:



# OPEN AUCTION! 3 JUNE 18

## 10:30 AM AT THE AUTO SKILLS

Vehicle: 2002 VW Passat Diesel  
Vin# WVVZZ3BZ3P040753  
Mileage: 212,491 KM

MANUAL transmission, 1.9 L Engine, A/C Climatronic, Air Bags, ABS, ESP, Power Windows, Keyless Remote, Heated Seats, Runs and drives good, near new tires, new rear brakes and rotors.

FAULTS: Small tear in passenger side ball joint boot forward arm. R/R door does not open. May not receive green sticker for emissions.

Additional Information:  
To Participate, interested bidders must be present for the auction which will take place at the Auto Skills Sunday 3 June 18, starting at 1030am.

Sold as is no guarantee.

Bidding Starts at \$ 350

Scan with your smart phone →   
LIKE us on Face book to stay up to date on all of our car sales, and more!



**3 Diesel**

**CALL OR STOP BY THE AUTO SKILLS FOR MORE INFORMATION.**  
Call the Auto Skills Center at DSN 548-9817 or Civilian 0611-143-548-9817  
Visit us at [www.wiesbaden.armymwr.com](http://www.wiesbaden.armymwr.com) or Facebook-Wiesbaden Auto Skills

**Open Auction:** Wiesbaden Automotive Skills Center holds an Open Auction for a 2002 VW Passat (diesel) on June 3, 2018, at 10:30 a.m. <https://wiesbaden.armymwr.com/calendar/event/open-auction/2326150/28223>



**Color Run:** Join fellow runners and walkers in getting doused with color for the sheer fun of it during the annual Color Run on June 16 starting at 9 a.m. <https://wiesbaden.armymwr.com/calendar/event/color-run/2255734/8263>



**Summer Reading Program Registration:** The Wiesbaden Library holds registration for its Summer Reading Program June 19 to July 7 during library opening hours: <https://wiesbaden.armymwr.com/calendar/event/summer-reading-program-registration/2175199/25324>

An advertisement for skydiving in Bitburg. The background is a photograph of two skydivers in tandem, floating in a blue sky with white clouds. The text "JUNE 23 / AUG. 18 / SEPT. 1" is at the top in bold black letters. Below it, "SKYDIVING IN BITBURG" is written in large red letters. Underneath, "\$299 per jump" is written in black. At the bottom, there are logos for the Wiesbaden Sports, Fitness &amp; Outdoor Recreation Center and MWR, along with contact information: "Wiesbaden Sports, Fitness &amp; Outdoor Recreation Center, Clay Kaserne, Bldg. 1631 | 0611-143-548-9830 | 548-9830, wiesbaden.armymwr.com &amp; facebook.com/wiesbadenarmymwr".

**Skydiving:** Enjoy a tandem jump with the skydiving experts in Bitburg and Outdoor Recreation on June 23. <https://wiesbaden.armymwr.com/calendar/event/skydiving/1834870/21817>