



# August Fitness Schedule 2018

\*Fitness Classes Subject to Changes/Cancellations\*

| Sun | Mon   | Tue   | Wed   | Thu  | Fri  | Sat  |
|-----|---|---|---|--|--|--|
|     | <b>Instructors:</b><br>RD-Rey Drummond<br>ES-Emily Shieh<br>TN-Tony Neal<br>CH- Christy Hudson<br>AM- Amanda Moser<br>MW- Marissa Walker<br>MD- Maria Diaz<br>SG- Steffi Gooding<br>CS- Christopher Salles<br>MY- Mandy Yearly<br>LM- Lorraine Melgoza<br>JR- Janay Reynolds<br>AR- Alina Rodriguez<br>CS- Chris Salles<br>BK- Bob Karnes<br>CSM- Chad Pinkston<br>SW- Shannon Wyatt<br>AK- Aly Kane<br>C- Cookie | <b>Rooms:</b><br><b>M&amp;B</b> -Mind and Body Rm 206<br><b>Spin</b> - Cycle Rm 212<br><b>Main Fit Rm 1c</b> 208<br><b>PFC</b> - Physical Fitness Center<br>////////////////////<br><b>Physical Fitness Center #:</b><br><b>Civ: + 49 611-143-548-9830</b><br><b>DSN: 548-9830 (Front Desk)</b><br>//////////////////// | <b>1</b><br>0900 FFT-TN-PFC<br>0900 Spin-AR- Cycle RM<br>1200 Yoga-CS-M&B<br>1200 Booty Express(30min) LM-1c<br>1200 FFT-RD-PFC<br>1600 Tabata-JR-1c<br>1700 Circuit Training-JR-1c<br>1800 FFT- RD- PFC  | <b>2</b><br>0630 Spin-SW-Cycle Rm<br>0900 Power Hour-CH-1c<br>1000 Barre-CH-M&B<br>1030 Pound Extreme (30min)-LM-1c<br>1100 Pilates-CH-M&B<br>1200 Spin Extreme(30min)-RD<br>1200 HIIT- AM-1c<br>1230 Ab Blast(30min)-RD-Cycle Rm<br>1600 Tabata-JR-1c<br>1630 FFT- RD- PFC<br>1700 Circuit Training-JR-1c<br>1830 Zumba- C-1c | <b>3</b><br><b>USAREUR</b><br><b>Training Holiday</b><br><b>Facility Opens:</b><br><b>1000-1700</b>  | <b>4</b><br>1200-1400 Golden<br>Sage Martial Arts-BK-1c  |
| 5   | <b>6</b><br><b>USAREUR</b><br><b>Training Holiday</b><br><b>Facility Opens:</b><br><b>1000-1700</b>   | <b>7</b><br>0630 Spin-SW-Cycle Rm<br>0900 Power pump-LM- 1c<br>1200 Spin-AR-Cycle<br>1200 Ab Blast (30 min)-RD-M&B<br>1700 Spin Extreme (30 min)-RD-Cycle<br>1800 Pound-LM-1c   | <b>8</b><br>0900 FFT-TN-PFC<br>0900 Spin/Abdominator-LM- Cycle RM<br>1200 Yoga-CS-M&B<br>1200 Booty Express(30min) LM-1c<br>1200 FFT-RD-PFC<br>1600 Tabata-JR-1c<br>1700 Circuit Training-JJ-1c<br>1800 FFT- RD- PFC  | <b>9</b><br>0900 Power Hour-CH-1c<br>1000 Barre-CH-M&B<br>1030 Pound Extreme (30min)-LM-1c<br>1100 Pilates-CH-M&B<br>1200 Spin Extreme(30min)RD<br>Cycle Rm<br>1200 HIIT-AM-1c<br>1230 Ab Blast (30min)-RD-Cycle Room<br>1830 Zumba- C-1c  | <b>10</b><br>0900 Power Pump- LM-1c<br>1000 Barre-CH-M&B<br>1100 Yoga-CH-M&B<br>1200 Power Hour- CH-1c<br>1200 FFT- RD-PFC<br>1600 Tabata-JR-1c<br>1630 FFT-RD-PFC<br>1700 Circuit Training-JR-1c<br>1815-1915 Salsa-C-1c  | <b>11</b><br>1200-1400 Golden<br>Sage Martial Arts-BK-1c |
| 12  | <b>13</b><br>0900 FFT-TN-PFC<br>0900 Muscle Madness-MY-1c<br>1200 Turn & Burn- LM- Cycle Rm<br>1200 FFT- RD- PFC<br>1600 Tabata-JR-1c<br>1700 Circuit Training-JR-1c<br>1730 Zumba- LM- M&B<br>1800 FFT- RD- PFC  | <b>14</b><br>0900 Power pump-LM-1c<br>1000 TRX/Barre-AK-M&B<br>1200 Ab Blast (30 min)-RD-1c<br>1200 Spin-AR-Cycle<br>1700 Spin Extreme (30 min)-RD-Cycle<br>1800 Pound-LM-1c  | <b>15</b><br>0630 Spin4Soldiers-RD- Cycle Room<br>0900 FFT-TN-PFC<br>0900 Spin/Abdominator-LM- Cycle Room<br>1200 Booty Express (30min) LM- 1c<br>1200 Yoga-CS- M&B<br>1200 FFT-RD-PFC<br>1600 Tabata-JR-1c<br>1700 Circuit Training-JR-1c<br>1800 FFT-RD-PFC | <b>16</b><br>0900 Power Pump-LM-1c<br>1030 Pound Extreme (30min)-LM-1c<br>1200 Spin Extreme(30min)RD<br>Cycle Rm<br>1200 HIIT-AM-1c<br>1230 Ab Blast (30min)-RD-Cycle Room<br>1830 Zumba- C- 1c  | <b>17</b><br>0900 Power Pump- LM-1c<br>1200 FFT- RD-PFC<br>1600 Tabata-JR-1c<br>1630 FFT-RD-PFC<br>1700 Circuit Training-JR-1c<br>1815-1915 Salsa-C-1c   | <b>18</b><br>1200-1400 Golden<br>Sage Martial Arts-BK-1c |
| 19  | <b>20</b><br>0900 FFT-TN-PFC<br>0900 Muscle Madness-MY-1c<br>1000 TRX/Barre-AK-M&B<br>1200 Turn & Burn- LM- Cycle Rm<br>1200 FFT- RD- PFC<br>1600 Tabata-JR-1c<br>1700 Circuit Training-JR-1c<br>1730 Zumba- AR- M&B<br>1800 FFT- RD- PFC   | <b>21</b><br>0630 Spin-SW-Cycle Rm<br>0900 Power pump-LM-1c<br>1000 Barre-CH-M&B<br>1100 Gentle Yoga-CH-M&B<br>1200 Power Hour-CH-1c<br>1200 Spin-AR-Cycle<br>1200 Ab Blast (30 min)-RD-M&B<br>1700 Spin Extreme (30 min)-RD-Cycle<br>1800 Pound-LM-1c  | <b>22</b><br>0900 FFT-RD-PFC<br>0900 Spin/Abdominator-LM- Cycle Room<br>1200 Booty Express (30min) LM- 1c<br>1200 Yoga- CS-M&B<br>1200 FFT-RD-PFC<br>1600 Tabata-JR-1c<br>1700 Circuit Training-JR-1c<br>1800 FFT- RD- PFC                                    | <b>23</b><br>0630 Spin-SW-Cycle Rm<br>0900 Power Hour-CH-1c<br>1000 Barre-CH-M&B<br>1030 Pound Extreme (30min)-LM-1c<br>1100 Pilates-CH-M&B<br>1200 Spin Extreme(30 min)-RD<br>Cycle Rm<br>1200 HIIT-AM-1c<br>1230 Ab Blast (30min)-RD- Cycle Room<br>1830 Zumba- C- 1c  | <b>24</b><br>0900 Power Pump- LM-1c<br>1000 Barre-CH-M&B<br>1100 Yoga-CH-M&B<br>1200 Power Hour- CH-1c<br>1200 FFT-RD-PFC<br>1600 Tabata-JR-1c<br>1630 FFT- RD- PFC<br>1700 Circuit Training-JR-1c<br>1815-1915 Salsa-C-1c | <b>25</b><br>1200-1400 Golden<br>Sage Martial Arts-BK-1c |
| 26  | <b>27</b><br>0900 FFT-TN-PFC<br>0900 Muscle Madness-MY-1c<br>1000 TRX/Barre-AK-M&B<br>1200 Turn & Burn- LM- Cycle Rm<br>1200 FFT- RD- PFC<br>1600 Tabata-JR-1c<br>1700 Circuit Training-JR-1c<br>1730 Zumba- AR- M&B<br>1800 FFT- RD- PFC   | <b>28</b><br>0630 Spin-SW-Cycle Rm<br>0900 Power pump- LM- 1c<br>1000 Barre-CH-M&B<br>1100 Gentle Yoga-CH-M&B<br>1200 Power Hour-CH-1c<br>1200 Spin-AR-Cycle<br>1200 Power Hour-CH- 1c<br>1200 Ab Blast (30 min)-RD-M&B<br>1700 Spin Extreme (30 min)-RD-Cycle<br>1800 Pound-LM-1c                                      | <b>29</b><br>0900 FFT-TN-PFC<br>0900 Spin/Abdominator-LM- Cycle Room<br>1200 Booty Express (30min) LM- 1c<br>1200 Yoga- CS-M&B<br>1200 FFT-RD-PFC<br>1600 Tabata-JR-1c<br>1700 Circuit Training-JR-1c<br>1800 FFT- RD- PFC                                    | <b>30</b><br>0630 Spin-SW-Cycle Rm<br>0900 Power Hour-CH-1c<br>1000 Barre-CH-M&B<br>1030 Pound Extreme (30min)-LM-1c<br>1100 Pilates-CH-M&B<br>1200 HIIT-AM-1c<br>1200 Spin Extreme(30 min)-RD<br>Cycle Rm<br>1230 Ab Blast(30min)-RD-Cycle Room<br>1630 FFT-RD-PFC<br>1830 Zumba- C- 1c                                       | <b>31</b><br><b>USAREUR</b><br><b>Training Holiday</b><br><b>Facility Opens:</b><br><b>1000-1700</b>   |  |

Final Version

## SPORTS, FITNESS & OUTDOOR RECREATION CENTER

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# Fitness Course Descriptions



|  |   |
|--|---|
| <p><b>Spin Extreme- (30 min)</b><br/>Perfect opportunity to "hop on and hop off" an indoor bike and sweat your frustrations out for 30-minutes of extreme cycle training. You even have time to eat lunch before returning back to work. Music included!</p>   | <p><b>Booty Express- (30-min)</b><br/>Enjoy this fun and energetic workout that will tone, define and chisel your body, especially the booty, to the masterpiece that you are looking for. Enjoy your transformation in 30 min.</p>   |
| <p><b>Ab Blast Extreme (30 min)</b><br/>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. Concentration here are abs, abs, and more abs.</p>   | <p><b>Tabata</b><br/>If you've gotten into interval training, you may have heard of something called Tabata training, also known as the Tabata Protocol. This workout is a form of high intensity interval training designed to get your heart rate up in that very hard anaerobic zone for short periods of time. By doing this, you train all of your energy systems, something that regular cardio workouts usually don't do.</p>  |
| <p><b>POUND Extreme (30 min)</b><br/>This is not band practice but 30-minutes of a full body workout that will leave you breathless. Drumsticks, music, and a motivated instructor all included. Drum roll please!!!!</p>  |   |
| <p><b>Turn &amp; Burn</b><br/>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><br/>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>Circuit Training</b><br/>This high energy and fast-paced class which involves performing a number of different bodyweight exercises and as many times as you can. Join this class and get a great total body workout in!</p>   | <p><b>Zumba</b><br/>Zumba is perfect for everybody. We choreograph the workout by mixing low-intensity and high-intensity dance moves for an interval-style. A total workout, combining all elements of fitness cardio, muscle conditioning, balance, flexibility and boost energy.<br/>Ditch the normal 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>   |
| <p><b>Muscle Madness</b><br/>Incorporates a mixture of dumbbells, resistance bands, and body weight exercises to build over all strength and endurance. Suitable for all levels of fitness experience.</p>   | <p><b>SALSA</b><br/>High energy Latin music with dance moves that will help you audition for, "Dancing with the Stars!"</p>   |
| <p><b>Power Pump</b><br/>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>Yoga</b><br/>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>Power Hour</b><br/>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>Spin/Cycle</b><br/>One hour indoor cycling class where riders experience a challenging, exhilarating and fun workout. Each ride has a specific heart rate training goal focusing on Endurance, Strength or Interval training. "Saddle up and enjoy the ride!"</p>   |
| <p><b>HIIT (High Intensity Interval Training)</b><br/>A total body, heart pumping, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body, improve your endurance and clear your mind before the busy days get started. Modifications for all fitness levels are provided.</p>   | <p><b>Functional Fitness Training (FFT)</b><br/>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. 3...2....1.....GO!</p>  |
| <p><b>POUND *New Class*</b><br/>Pound is an upbeat, energetic, get lost in the music, full body workout! It combines drumming, cardio, strength training and conditioning into a 45 minute, fat burning and toning class. Come ready to sweat, make noise, have fun and release your inner rock star. With this full body workout and strategically timed interval training, you'll get lost in the music and walk away with an incredible workout. This class is designed for all fitness levels. Pound combines hundreds of squats and lunges for an awesome leg and booty workout, while the combination of the weighted ripstix and movements provide a great bicep, tricep, shoulder and back workout. Pound is truly a cardio jam session!! Drum roll please!!!!</p> | <p><b>Golden Sage Martial Arts</b><br/>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: 13-16 years old with parent present; 17 years old with parental permission— all adults ages 18 years old and up are welcomed.</p> |
|  | <p><b>TRX/Barre</b><br/>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 and all you have to do is hang in there.</p>   |