



October Fitness Schedule 2018

Indicates NEW class

All classes 45 minutes, unless otherwise stated

Fitness classes subject to change/cancellations

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 0630 Spin - LM - Cycle 0900 FFT - TN - PFC 0900 Muscle Madness - MY-1c 1000 TRX Express (30 min) - AM - M&B 1030 Stretch Express (30 min) - AM - M&B 1200 Yoga - CH - M&B 1730 Zumba - AR - 1c <div> Boot Camp Basic start date - AM/JR </div>	2 0630 Spin - SW - Cycle 0630 FFT - CSM - PFC 0900 Power Fuse - LM - 1c 0900 Spin - AR - Cycle 1000 Zumba - AR - 1c 1000 Barre - CH - M&B 1100 Gentle Yoga - CH - M&B 1200 Power Hour - LM - 1c 1730 Spin - BV - Cycle 1800 Pound - LM - 1c 1900 Zumba Toning - LM - 1c	3 0630 Spin - LM - Cycle 0900 FFT - TN - PFC 0900 Power Pump - CH - 1c 1000 Zumba Toning - LM - 1c 1200 Tabata - AM - 1c 1200 FFT - RD - PFC 1800 FFT - RD - PFC 1830 HIIT - JR - 1c 1900 Beyond the Barre - CH - M&B	4 0630 Spin - CSM - Cycle 0900 Barre - CH - M&B 1000 Pilates - CH - M&B 1030 Pound Express (30 min)-LM- 1c 1200 Spin Extreme (30 min) - RD - Cycle 1200 TCX/Core - AM - 1c 1730 Spin - BV - Cycle 1800 Power Yoga - CH - M&B 1830 Zumba - C - 1c 1900 Spartan Strong - CH - MB	5 Training Holiday Facility Opens: 1000-1700	6 0900 Spin - AR - Cycle 1000-1400 MWR Special Event Golden Sage Martial Arts Self-Defense - BK - 1c
7	8 Columbus Day Training Holiday Facility Opens: 1000-1700	9 0630 Spin - SW - Cycle 0630 FFT - CSM - PFC 0900 Power Fuse - LM - 1c 0900 Spin - AR - Cycle 1000 Zumba - AR - 1c 1000 Barre - CH - M&B 1100 Gentle Yoga - CH - M&B 1200 Power Hour - JE - 1c 1700 Spin Extreme (30 min) - RD - Cycle 1730 Spin - BV - Cycle 1800 Pound - LM - 1c 1900 Zumba Toning - JE - 1c	10 0630 Spin - LM - Cycle 0900 FFT - TN - PFC 0900 Power Pump - JK - 1c 1000 Zumba Toning - JE - 1c 1200 Tabata - JK - 1c 1200 FFT - RD - PFC 1800 FFT - RD - PFC 1830 HIIT - JR - 1c 1900 Beyond the Barre - JE - M&B	11 0630 Spin - CSM - Cycle 0900 Barre - CH - M&B 1000 Pilates - CH - M&B 1030 Pound Express (30 min)-LM- 1c 1200 Spin Extreme (30 min) - RD - Cycle 1200 TCX/Core - JK - 1c 1730 Spin - BV - Cycle 1800 Power Yoga - CH - M&B 1830 Zumba - C - 1c 1900 Spartan Strong - JK - MB	12 0900 Muscle Madness -MY- 1c 1000 Barre - CH - M&B 1100 Yoga - CH - M&B 1200 Power Hour - CH - 1c 1200 FFT - RD - PFC 1630 FFT - RD - PFC 1815 Salsa - C - 1c	13 0900 Spin - AR - Cycle 1000-1400 MWR Special Event Golden Sage Martial Arts Self-Defense - BK - 1c
14	15 0630 Spin - LM - Cycle 0900 FFT - TN - PFC 0900 Muscle Madness -MY- 1c 1000 TRX Express (30 min) - AK - M&B 1030 Stretch Express (30 min) - AK - M&B 1200 Yoga - CH - M&B 1200 FFT - RD - PFC 1730 Zumba - AR - 1c 1800 FFT - RD - PFC	16 0630 Spin - SW - Cycle 0630 FFT - CSM - PFC 0900 Power Fuse - LM - 1c 0900 Spin - AR - Cycle 1000 Zumba - AR - 1c 1000 Barre - CH - M&B 1100 Gentle Yoga - CH - M&B 1200 Power Hour - JE - 1c 1700 Spin Extreme (30 min) - RD - Cycle 1730 Spin - BV - Cycle 1800 Pound - LM - 1c 1900 Zumba Toning - JE - 1c	17 0630 Spin - LM - Cycle 0900 FFT - TN - PFC 0900 Power Pump - JK - 1c 1000 Zumba Toning - JE - 1c 1200 Tabata - JK - 1c 1200 Yoga - CS - M&B 1200 FFT - RD - PFC 1800 FFT - RD - PFC 1830 HIIT - JR - 1c 1900 Beyond the Barre - JE - M&B	18 0630 Spin - CSM - Cycle 0900 Barre - CH - M&B 1000 Pilates - CH - M&B 1030 Pound Express (30 min)-LM- 1c 1200 Spin Extreme (30 min) - RD - Cycle 1200 TCX/Core - JK - 1c 1800 Power Yoga - CH - M&B 1830 Zumba - C - 1c 1900 Spartan Strong - JK - MB	19 0900 Muscle Madness -MY- 1c 1000 Barre - CH - M&B 1100 Yoga - CH - M&B 1200 Power Hour - CH - 1c 1200 FFT - RD - PFC 1630 FFT - RD - PFC 1815 Salsa - C - 1c	20 0900 Spin - AR - Cycle 1200-1400 Golden Sage Martial Arts - BK - 1c
21	22 0630 Spin - LM - Cycle 0900 FFT - TN - PFC 0900 Muscle Madness -MY-1c 1000 TRX Express (30 min) - AK - M&B 1030 Stretch Express (30 min) - AK - M&B 1200 Yoga - JB - M&B 1200 FFT - RD - PFC 1730 Zumba - LM - 1c 1800 FFT - RD - PFC <div> Boot Camp Regular start date - AM/JR </div>	23 0630 Spin - SW - Cycle 0630 FFT - CSM - PFC 0900 Power Fuse - LM - 1c 0900 Spin - AR - Cycle 1000 Zumba - AR - 1c 1000 Barre - CH - M&B 1100 Gentle Yoga - CH - M&B 1200 Power Hour - JE - 1c 1700 Spin Extreme (30 min) - RD - Cycle 1730 Spin - BV - Cycle 1800 Pound - LM - 1c 1900 Zumba Toning - JE - 1c	24 0630 Spin - LM - Cycle 0900 FFT - TN - PFC 0900 Power Pump - JK - 1c 1000 Zumba Toning - JE - 1c 1200 Tabata - JK - 1c 1200 FFT - RD - PFC 1800 FFT - RD - PFC 1830 HIIT - JR - 1c 1900 Beyond the Barre - JE - M&B	25 0630 Spin - CSM - Cycle 0900 Barre - CH - M&B 1000 Pilates - CH - M&B 1030 Pound Express (30 min)-LM- 1c 1200 Spin Extreme (30 min) - RD - Cycle 1200 TCX/Core - JK - 1c 1730 Spin - BV - Cycle 1800 Power Yoga - JB - M&B 1830 Zumba - C - 1c 1900 Spartan Strong - JK - MB	26 0900 Muscle Madness -MY- 1c 1000 Barre - CH - M&B 1100 Yoga - CH - M&B 1200 Power Hour - CH - 1c 1200 FFT - RD - PFC 1630 FFT - RD - PFC 1815 Salsa - C - 1c <div> 1800 Special Event Halloween/Pink Zumba - LM/AR </div>	27 0900 - Spin - AR - Cycle 1200-1400 Golden Sage Martial Arts - BK - 1c
28	29 0630 Spin - LM - Cycle 0900 FFT - TN - PFC 0900 Muscle Madness -MY -1c 1000 TRX Express (30 min) - AK - M&B 1030 Stretch Express (30 min) - AK - M&B 1200 Yoga - JB - M&B 1200 FFT - RD - PFC 1730 Zumba - LM - 1c 1800 FFT - RD - PFC	30 0630 Spin - SW - Cycle 0630 FFT - CSM - PFC 0900 Power Fuse - LM - 1c 0900 Spin - AR - Cycle 1000 Zumba - AR - 1c 1000 Barre - CH - M&B 1100 Gentle Yoga - CH - M&B 1200 Power Hour - JE - 1c 1700 Spin Extreme (30 min) - RD - Cycle 1730 Spin - BV - Cycle 1800 Pound - LM - 1c 1900 Zumba Toning - JE - 1c	31 0630 Spin - LM - Cycle 0900 FFT - TN - PFC 0900 Power Pump - JK - 1c 1000 Zumba Toning - JE - 1c 1200 Tabata - JK - 1c 1200 Yoga - CS - M&B 1200 FFT - RD - PFC 1800 FFT - RD - PFC 1830 HIIT - JR - 1c 1900 Beyond the Barre - JE - M&B <div> 1800 FFT Special Event Night of the Living WOD - RD </div>	Instructors: AK - Aly Kane AM - Amanda Moser AR - Alina Rodriguez BK - Bob Karnes BV - Bob Vasta C - Cookie CH - Christy Hudson CS - Chris Salles CSM - Chad Pinkston JB - Jessi Burchett	Instructors: JE - Jennifer Espinoza JK - Jodi Kowalczyk JR- Janay Reynolds LM - Lorraine Melgoza MY - Mandy Yearsley RD - Rey Drummond, Fitness Coordinator SG - Steffi Gooding SW - Shannon Wyatt TN - Tony Neal	Rooms: M&B - Mind & Body Room 206 Cycle - Spin Room 212 1c - Main Fitness Room 208 PFC- Physical Fitness Center main floor Physical Fitness Center +49 611-143-548-9830 DSN: 548-9830

Version 1

SPORTS, FITNESS & OUTDOOR RECREATION CENTER

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Fitness Course Descriptions



30 minute Express Classes	
POUND Express (30 min) Sweat, sculpt and rock with the fastest growing group fitness phenomenon inspired by the energizing fun of rhythmic drumming. Drum to the beat in this amazing full-body jam session that combines heart-pumping cardio, strength training, and conditioning. Come ready to sweat, make noise, have fun, and release your inner rock star.	Pilates A low-impact mat class, Pilates emphasizes alignment, breathing and strengthening the core. Target abdominals, lower back and hips in this multi-level class.
Spin Extreme (30 min) The perfect opportunity to "hop on and hop off" an indoor bike to sweat away stress. This class features all the best of extreme cycling; including hills, sprints and more. Energizing music will keep you pedaling in this heart-pumping workout.	Power Fuse This class strengthens the entire body and challenges all major muscle groups using weight-toom exercises such as squats, presses, lifts and curls. Great music, an encouraging instructor and your choice of weights inspire you to get the results you came for - and fast!
Stretch Express (30 min) **NEW CLASS** Give hard-working muscles and joints an opportunity to recover in this brand-new class designed to heal and restore the body. A combination of static and dynamic stretches will be instructed. May also include foam rolling exercises.	Power Hour A different workout every class! Break free from your fitness plateau in this high-impact, high-intensity full-body workout. Bring energy and imagination!
TRX Express (30 min) Total-body Resistance Exercise is suspension training for the entire body. This specialized 30 minute class utilizes gravity and bodyweight exercises to challenge and strengthen core power.	Power Pump This 45-minute barbell class provides the foundation of strength training to all fitness levels. Enjoy a pre-choreographed weight training routine set to inspiring music. Build strength and muscle definition.
all other classes 45 minutes	
Barre One of the newest trends in the fitness industry, this full-body workout combines basic ballet with elements of yoga and Pilates to create one low-impact, high-intensity workout. Perfect for cross-training, barre focuses on small, isometric movements designed to strengthen and tone the body. Improve posture and promote grace in this ballet-based workout. No prior experience necessary.	Power Yoga **NEW CLASS** An vigorous vinyasa-style practice featuring a variety of asanas designed to build internal heat, increase stamina, strength and flexibility.
Beyond the Barre **NEW CLASS** A fusion style class blending elements of ballet barre, toning and Pilates performed to the beat of the music. Build strength, balance, power and flexibility in this full-body class. Exercises may incorporate bands and balls.	Salsa 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! All levels are welcome. Start your weekend off on the right foot with this energetic, social dance class!
FFT Functional Fitness Training is a comprehensive core strength and conditioning program that delivers fitness that broad, general, and inclusive. This class offers you a constantly varied, intense and functional hour-long training session scaled to meet all fitness levels.	Spartan Strong Inspired by the popular obstacle-course race, this circuit boosts mental and physical strength, improves conditioning and agility, and burns fat.
Gentle Yoga Perfect for all fitness levels. Rejuvenate mind, body and spirit in this relaxing class. Stretch tired muscles and joints while increasing flexibility through a gentle, slow-paced yoga practice.	Spin 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. Get Ready, Get Set, Go!!!!
Golden Sage Martial Arts Founded in Hawaii in the 1930's, Golden Sage Martial Arts 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. Ages: 13-16 years old with parent present; 17 years old with parental permission— all adults ages 18 years old and up are welcomed.	Tabata This class features high-intensity interval training with specifically-timed exercises. Work in four minute intervals including sets of all-out exercise, followed by short rest periods. These anaerobic exercises challenge the body systems and promote a healthy heart.
HIIT High Intensity Interval Training alternates short periods of intense anaerobic exercise with less intense recovery periods. Improve athletic capacity, condition and tone in this heart-healthy workout.	TCX/Core Total Conditioning Extreme is high-intensity interval training that challenges the entire body. Bonus core workout included!
Muscle Madness Incorporates a mixture of dumbbells, resistance bands, and body-weight exercises to build all over strength and endurance. Suitable for all fitness levels.	Yoga A multi-level class, suitable for beginner and experienced yogis. Join breath and body through a series of asanas (postures) designed to promote strength, balance, flexibility and mental clarity. A blend of Hatha and Vinyasa styles may be used in this multi-level class.
	Zumba Ditch the workout, join the party! Choreographed dance routines with easy-to-follow moves make this class a crowd favorite. Enjoy international-inspired music in this energetic cardio dance party.
	Zumba Toning For those who want to party, but put extra emphasis on toning and sculpting to define muscles. The challenge of adding resistance by using light weights, helps you focus on specific muscle groups, so you (and your muscles) stay engaged!