



November 2018

Fitness Classes are subjected to changes/Cancellations
All classes are 45-minutes unless otherwise stated

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Instructors: RD-Rey Drummond ES-Emily Shieh TN-Tony Neal CH-Christy Hudson AM-Amanda Moser SG-Steffi Gooding MY-Mandy Yearsly LM-Lorraine Melgoza JE-Jennifer Espinoza MW-Miraluna Weaver AR-Aly Rohling	Instructors: JR-Janay Reynolds AR-Alina Rodriguez BK-Bob Karnes BV-Bob Vasta CSM- Chad Pinkston SW-Shannon Wyatt AK-Aly Kane JK-Jodi Kowalczyk JB-Jessie Burchett KM-Kathleen Moortel JH-Jeonghee Hubble	Rooms: M&B- Mind and Body Cycle-Room 1a Fusion Rm- 212 Main Fit Rm- 1a PFC-Physical Fitness Center TB-Tony Bass Fit Bldg. ////////// Front Desk Civ: +49 611-143-548-9830 DSN: 548-9830	1 0630 Spin- SW-Rm 1a 0900 Barre-CH-M&B 1000 Pilates-CH-M&B 1030-1115 Glute Party-JK-1c 1200 TCX/Core-JK-1c 1200 Spin X-30 min-RD-1a 1730 Spin-BV-Rm 1a 1800 Power Yoga-JB-M&B 1800 Zumba-LM-Tony Bass	2 Training Holiday Facility Opens: 1000-1700	3 1000 Spin- AR-Rm 1a 1200-1400-Golden Sage Martial Arts-BK-1c
4	5 0900 FFT-TN-PFC 0900 Muscle Madness-MY-1c 1000 Beyond the Barre-JE-M&B 1200 Yoga-JB-M&B 1200 FFT 101-RD- Fusion Rm 1200 Ride the Rhythm-JK-1a 1730 Zumba-JH-1c 1800 FFT 101-RD-PFC	6 0630 Spin-SW-1a 0900 Spin-AR-1a 0900 Power Hour-JE-1c 1000 Barre-JE-M&B 1030 Ab Blast 30-RD-Fusion 1100 Gentle Yoga-JB-M&B 1200 Spin X-30 min-RD-1a 1200 Power Hour-JE-1c 1730 Spin- BV-1a 1900 Zumba Toning-JE- 1c Local Official's Basketball Clinic 1800-2000 hours	7 0900 FFT-TN-PFC 0900 Power Pump-JK-1c 1000 Zumba Toning-JE-M&B 1200 Yoga-CS-M&B 1200 Full Tabata-JK-1c 1200 FFT-RD-PFC 1800 FFT 101-SG-PFC 1830 HIIT-JR-1c Local Official's Basketball Clinic 1800-2000 hours	8 0630 Spin- SW-Rm 1a 0900 Beyond the Barre-JE-M&B 1000 Core Strength-JE-M&B 1030-1115 Glute Party-JK-1c 1200 TCX/Core-JK-1c 1200 Spin X-30 min-RD-1a 1730 Spin-BV-Rm 1a 1800 Power Yoga-JB-M&B 1800 Zumba-AR-1c Local Official's Basketball Clinic 1800-2000 hours	9 0900 Muscle Madness-MY-1c 1000 Beyond the Barre-JE-M&B 1100 Yoga-JB-M&B 1200 Power Hour-JE-1c 1200 FFT 101-RD-Fusion Rm 1630 FFT 101-SG- PFC	10 1000 Spin- AR-Rm 1a 1200-1400-Golden Sage Martial Arts-BK-1c
11	12 Veteran's Day Observed Facility Opens: 1000-1700	13 0630 Spin-SW-1a 0900 Power Hour-JE-1c 0900 Spin-AR-1a 1000 Barre-CH-M&B 1030 Ab Blast 30-RD-Fusion 1100 Gentle Yoga-CH-M&B 1200 Spin X-30 min-RD-1a 1200 Power Hour-CH-1c 1730 Spin- BV-1a 1900 Zumba Toning-JE- 1c	14 0900 FFT-TN-PFC 0900 Power Pump-CH-1c 1000 Zumba Toning-JE-M&B 1200 Yoga-CS-M&B 1200 Full Tabata-CH-1c 1200 FFT 101-ES-PFC 1800 FFT 101-RD-PFC 1830 HIIT-JR-1c	15 0630 Spin- SW-Rm 1a 0900 Barre-CH-M&B 1000 Pilates-CH-M&B 1030-1115 Glute Party-JE-1c 1200 TCX/Core-CH-1c 1200 Spin X-30 min- RD-1a 1730 Spin-BV-Rm 1a 1800 Power Yoga-JB-M&B 1800 Zumba-MW-1c	16 0900 Muscle Madness-MY-1c 1000 Barre-CH-M&B 1100 Yoga-CH-M&B 1200 FFT 101-RD-Fusion Rm 1200 Power Hour-CH-1c 1630 FFT 101-RD-PFC MWR EVENT: TURKEY TROT 10K Walk/Run 0900-UTC \$10.00 for Shirt + Bib Free Event	17 1200-1400-Golden Sage Martial Arts-BK-1c
18	19 0900 FFT-TN-PFC 0900 Muscle Madness-MY-1c 1000 Beyond the Barre-JE-M&B 1200 Ride the Rhythm-JK-1a 1200 Yoga-JB-M&B 1200 FFT 101-RD-Fusion Rm 1730 Zumba-JH-1c 1800 FFT 101-RD-PFC	20 0630 Spin-SW-1a 0900 Spin-AR-1a 0900 Power Hour-JE-1c 1000 Barre-CH-M&B 1030 Ab Blast 30-RD-Fusion 1100 Gentle Yoga-CH-M&B 1200 Spin X-30 min-RD-1a 1200 Power Hour-CH-1c 1730 Spin- BV-1a 1900 Zumba Toning-JE- 1c	21 0900 FFT-TN-PFC 0900 Power Pump-JK-1c 1000 Zumba Toning-JE-M&B 1200 Yoga-CS-M&B 1200 Full Tabata-JK-1c 1200 FFT 101-RD-PFC 1800 FFT 101-RD-PFC 1830 HIIT-JR-1c	22 Thanksgiving Day Facility Opens: 1000-1700	23 Training Holiday 1000-1700 Facility Opens: MWR EVENT: Drop the Turkey Spin/Body Shred-AR/JE Room 1a 1000-1130 \$8.00/\$14.00 couple	24 1200-1400-Golden Sage Martial Arts-BK-1c
25	26 0900 FFT-TN-PFC 0900 Muscle Madness-MY-1c 1000 Beyond the Barre-JE-M&B 1200 Yoga-JB-M&B 1200 Ride the Rhythm-JK-1a 1200 FFT 101-CS-Rm 212 1730 Zumba-JH-1c 1800 FFT 101-RD-PFC	27 0630 Spin-SW-1a 0900 Spin-AR-1a 0900 Power Hour-JE-1c 1000 Barre-CH-M&B 1030 Ab Blast 30-RD-Fusion 1100 Gentle Yoga-CH-M&B 1200 Spin X-30 min-RD-1a 1200 Power Hour-CH-1c 1730 Spin- BV-1a 1900 Zumba Toning-JE- 1c	28 0900 FFT-TN-PFC 0900 Power Pump-JK-1c 1000 Zumba Toning-JE-M&B 1200 Yoga-CS-M&B 1200 Full Tabata-JK-1c 1200 FFT 101-RD-PFC 1800 FFT 101-RD-PFC 1830 HIIT-JR-1c	29 0630 Spin- SW-Rm 1a 0900 Barre-CH-M&B 1000 Pilates-CH-M&B 1030-1115 Glute Party-JK-1c 1200 TCX/Core-JK-1c 1200 Spin X-30 min- RD-1a 1730 Spin-BV-Rm 1a 1800 Power Yoga-JB-M&B 1800 Zumba-MW-1c	30 0900 Muscle Madness-MY-1c 1000 Barre-CH-M&B 1100 Yoga-CH-M&B 1200 Power Hour-CH-1c 1200 FFT 101-RD-Fusion Rm 1630 FFT 101-RD-PFC	

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Fitness Class Details

<p>Spin X- (30 min) 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 & Lights included!</p>	<p>Ab Blast-30 Turn that keg into a 6-pack with 30 minutes of intense ab training which will train your lower, middle, and top ab muscles. Core strength training included plus 30 min of training.</p>
<p>HIIT (High Intensity Interval Training) 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>Barre 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>Turn & Burn 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>Power Hour 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>TCX/Core TCX is high-intensity interval training that challenges your entire body. It's Total Condition Extreme and totally a blast. Now, combine this with a core workout and you have a fitness combo that will leave you speechless and wanting to train more.</p>	<p>Tabata Full Body Enjoy this full workout with time constraints that will challenge all fitness levels. Remember to breathe, have fun, and accept the challenge of a lifetime.</p>
<p>Yoga/Gentle Yoga 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>Pilates Pilates is a method of exercise that consists of low-impact flexibility and muscular strength and endurance movements.</p>
<p>Power Pump This 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>Glute Party- (45-min) If you desire a tight, toned, posterior, you will want to check out this high energy, calorie scorching, strength building workout, that uses resistance bands, and dumbbells to build your best legs, and glutes.</p>
<p>Zumba Zumba is perfect for everybody. We choreograph the workout by mixing low-intensity and high-intensity dance moves for an interval-style. “Dance your worries away!”</p>	<p>Zumba Toning Cardio + strength training + awesome music = Zumba Toning. This class is based predominantly in fitness moves with a few SIMPLE "dance" moves thrown in to keep it fun. Modifications and alternate moves provided to engage all participants. This is an easy-to-follow class where even those who "can't dance" will enjoy themselves!</p>
<p>Ride The Rhythm Get addicted to this party on a bike. The energy is high, lights are, low, your heartrate is pounding with the music, and its all about the BEAT!!!</p>	<p>Beyond the Barre an all-over toning class utilizing tiny controlled movements to target multiple muscle groups at once. It increases strength and flexibility, fusing techniques from ballet, Yoga, and Pilates -- no dance involved. We use resistance bands, balls, light dumbbells to further challenge the body, especially during ab and arm segments. This class is appropriate for all fitness levels and is designed to fatigue muscles.</p>
<p>Spin/Cycle 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!!!!</p>	<p>Golden Sage Martial Arts Golden Sage Martial Art classes are for ages 13 to 16 years of age with a parent present 17 years old with parental permission. We teach 18 years and older. 50 years and up have a great time in this art. Our martial art root system is called DanZan Ryu and it was founded in Hawaii in the 1930's. This is a comprehensive and complete martial art/healing art system. It contains all types of self-defense arts to be used for appropriate self- defense needs and traditional weapon arts 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.</p>

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