

March 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Instructors: AR-Alina Rodriguez BK-Bob Karnes BV-Bob Vasta CSM Chad Pinkston JB-Jessie Burchett SW-Shannon Wyatt EC-Emily Coleman RD-Rey Drummond AC-Arlene Cordora	Instructors: ES-Emily Shieh TN-Tony Neal CH-Christy Hudson SG-Steffi Gooding MY-Mandy Yearsley JR-Janay Reynolds JK-Jodi Kowalczyk JE-Jennifer Espinoza AR2-Aly Rohling				1	2
3	4 0900 FFT-TN-PFC 0900 Muscle Madness-CH-1c 1000 Barre-Barric-JE-M&B 1100 LIIT-JE-1c 1200 Yoga-JB-M&B 1700 Spin Xtreme-RD-1a 1800 FFT 101 RD	5 0630 CFT-CSM 0900 Spin-AR-1a 0930 Ab Blast 30 min-JE-1c 1000 Fuse JE 1c 1100 Gentle Yoga-CH-M&B 1200 Power Hour-CH-1c 1800 Zumba AC-1c	6 0630 Spin-SW-1a 0900 FFT-TN-PFC 0900 Power Pump-MY-1c 1200 Yoga-EC-1c 1700 Spin Xtreme-RD-1a 1800 FFT101-RD-FsRm 1800 Strong by Zumba AC 30 min. M&B	7 0630 Spin- SW-Rm 1a 0900 Barre-CH-M&B 1000 Pilates-CH-M&B 1130 Power Pump-JK-1a 1230 Ab Blast-30 min-JK-1c 1730 Spin-BV-1a 1800 Power Yoga-JB-M&B 1800 Zumba- AR2 -1c	8 0900 Muscle Madness-MY-1c 1000 Barre-CH-M&B 1100 Yoga-CH-M&B 1200 Power Hour-CH-1c	9 1000 Spin- AR-Rm 1a 1200-1400-Golden Sage Martial Arts-BK-1c
10	11 0900 FFT-TN-PFC 0900 Muscle Madness-MY-1c 1000 Barre-Barric-JE-M&B 1100 LIIT-JE-1c 1200 Yoga-JB-M&B	12 0630 CFT-CSM 0900 Spin-AR-1a 0930 Ab Blast-30 min-JE-1c 1000 Fuse-JE-1c 1100 Gentle Yoga-CH-M&B 1200 Power Hour-CH-1c 1800 Zumba AC-1c	13 0630 Spin-SW-1a 0900 FFT-TN-PFC 0900 Power Pump-MY-1c 1200 Yoga-EC-1c 1800 Strong by Zumba AC 30 min. M&B	14 0630 Spin- CSM-1a 0900 Barre-CH-M&B 1000 Pilates-CH-M&B 1130 Fuse- 45 min-JE-1a 1230 Ab Blast-30 min-JE-1c 1730 Spin-BV 1800 Power Yoga-JB-M&B 1800 Zumba- AR2 -1c	15 Training Holiday 1000-1700	16 1000 Spin- AR-Rm 1a 1200-1400-Golden Sage Martial Arts-BK-1c
17	18 Training Holiday 1000-1700	19 0630 CFT-CSM 0900 Spin-AR-1a 0930 Ab Blast-30 min-JE-1c 1000 FUSE JE-1c 1100 Gentle Yoga-CH-M&B 1200 Power Hour-CH-1c 1800 Zumba AC-1c	20 0630 Spin-SW-1a 0900 FFT-TN-PFC 0900 Power Pump-MY-1c 1200 Yoga-EC-1c 1800 Strong by Zumba AC 30 min. M&B	21 0630 Spin- CSM- 1a 0900 Barre-CH-M&B 1000 Pilates-CH-M&B 1130 Power Pump-45 min-JK-1a 1230 Ab Blast-30 min-JK-1c 1730 Spin BV 1800 Power Yoga-JB-M&B 1800 Zumba- AR2 -1c	22 0900 Muscle Madness-MY-1c 1000 Barre-CH-M&B 1100 Yoga-CH-M&B 1200 Power Hour-CH-1c	23 1000 Spin- AR-Rm 1a 1200-1400-Golden Sage Martial Arts-BK-1c
24	25 0900 FFT-TN-PFC 0900 Muscle Madness-MY-1c 1000 Barre-Barric-JE-M&B 1100 LIIT-JE-1c 1200 Yoga-JB-M&B	26 0630 CFT-CSM 0900 Spin-AR-1a 0930 Ab Blast-30 min-JE-1c 1000 FUSE-JE M&B 1100 Gentle Yoga-CH-M&B 1200 Power Hour-CH-1c 1800 Zumba AC-1c	27 0630 Spin-SW-1a 0900 FFT-TN-PFC 0900 Power Pump-MY-1c 1200 Yoga- EC-1c 1800 Strong by Zumba AC 30 min. M&B	28 0630 Spin- CSM- 1a 0900 Barre-CH-M&B 1000 Pilates-CH-M&B 1130 Power Pump-45 min-JK-1a 1230 Ab Blast-30 min-JK-1c 1730 Spin-BV-Rm 1a 1800 Power Yoga-JB-M&B 1800 Zumba- AR2 -1c	29 0900 Muscle Madness-MY-1c 1000 Barre-CH-M&B 1100 Yoga-CH-M&B 1200 Power Hour-CH-1c	30 1000 Spin- AR-Rm 1a 1200-1400-Golden Sage Martial Arts-BK-1c
31					Rooms: M&B- Mind and Body Cycle-Room 1a Fusion Rm- 212 Main Fit Rm- 1a PFC-Physical Fitness Center Front Desk: Civ: +49 611-143-548-9830 DSN: 548-9830	

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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>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>	<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>Power Yoga—Bringing Yoga back to its fundamentals and increase the intensity and movements through strength building and core focused execution. The mind and body are more powerful together. Namaste</p>	<p>LITT Similar to HIIT with intense exercise periods, but followed by a slower-paced active recovery period. For ALL fitness levels. Goal-Controlled, momentum free execution with high focus and quality on form to build endurance and stamina.</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>Biggest Loser 10 week program designed to help you to learn how to eat right and exercise week by week to change old habits and live a better life starting with the first day. Sign up at the front desk for more information.</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>Boot Camp 6 week program Tuesday and Thursday evening from 1800-1930. Boot Camp done the old fashioned way, you will earn your new body through good old fashioned sweat and maybe some tears. Don't be afraid of change.</p>	<p>Muscle Madness Incorporates a mix of dumbbells, stability devices, resistance bands and body-weight exercises to build over all strength and endurance. Suitable for all levels.</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>Barre-Barrie Beyond Barre meets HIP HOP and Weights, not for the faint of heart. Step up your game and join us for a Barre-barrie exercise program.</p>
<p>Functional Fitness Training (FFT) A core strength & conditioning program that delivers fitness that is by design, broad, general, and inclusive. This class offers you a con-stantly varied, intense and functional 60 min training session—scaled to meet all fitness levels.</p>	

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