



# WIESBADEN SPORTS AND FITNESS CENTER GROUP FITNESS

SPORTS • FITNESS • AQUATICS

1100-1200 Oct. 29-Dec 5, 2024: Lunch Boot Camp with Hava! Join Hava every Tuesday and Thursday for a lunch hour bootcamp! \$205 pp

19:15-2030 Nov. 5, 12 19 26: Join our fitness instructor, Melissa with a "Beginner Salsa Level 2." in this 4 week progressive class, continue your salsa journey with this 4 week Beginner Level 2 class. We will build upon the basics you learned in Level 1, learning new variations for you to use out on the dance floor, while refining your footwork and enhancing your partner skills. Prerequisite: Completion of Beginner Salsa I. Classes will meet every Tuesday for 4 weeks price is \$50pp.

0900 Nov. 23 Turkey Trot 5k: Join us for our annual 5 kilometer run. 10 Turkeys will be raffled off to 10 lucky winners, 1 winner per family. Tickets will be given to adults after crossing the finishing line.

## November 2024

SUN	MON	TUE	WED	THU	FRI	SAT
					1 0900 Beg. Yoga CD MB	2 0900 FFT 101 FUS 1000 Beg. Yoga CD MB
3	4 0900 Pilates LM MB 0930 Pump+Core NK 1C 1045 POP Pilates NK 1C 1145 Spin AO Spin	5 0900 Yoga Flow LG MB 1000 Step NK 1C 1000 FFT LM FUS 1100 Boot Camp HC FUS 1200 Yoga CD MB 1715 FFT 101 FUS 1800 Salsa I ME MB 1915 Salsa II ME MB	6 0900 Beg. Yoga CD 1C 0930 Barre Pilates LM MB 1130 Pump NK 1C 1145 Spin AO Spin 1800 BANG ME MB	7 0900 Kickboxing CD MB 1000 Tabata NK 1C 1100 Boot Camp HC FUS 1115 BANG ME 1C 1715 FFT 101 FUS	8 0900 Beg. Yoga CD MB 0930 Pump NK 1C 1045 POP Pilates NK 1C	9 0900 FFT 101 FUS 1000 Beg. Yoga CD MB
10	11 <b>Veteran's Day</b> <b>0830-1700</b>  1145 Spin AO Spin	12 0600 Spin AF Spin 0900 Yoga Flow LG MB 1000 Step NK 1C 1000 FFT LM FUS 1100 Boot Camp HC FUS 1200 Yoga CD MB 1715 FFT 101 FUS 1800 Salsa I ME MB 1915 Salsa II ME MB	13 0900 Beg. Yoga CD 1C 1130 Pump NK FUS 1145 Spin AO Spin 1600 Krav Maga SR 1C 1800 BANG ME MB	14 0900 Kickboxing CD MB 1000 Tabata NK 1C 1100 Boot Camp HC FUS 1115 BANG ME 1C 1715 FFT 101 FUS	15 0900 Beg. Yoga CD MB 0930 Pump NK 1C 1045 POP Pilates NK 1C 1600 Krav Maga SR 1C	16 0900 FFT 101 FUS 1000 Beg. Yoga CD MB
17	18 0900 Pilates LM MB 0930 Pump+Core NK 1C 1045 POP Pilates NK 1C 1145 Spin AO Spin	19 1000 Step NK 1C 1000 FFT LM FUS 1100 Boot Camp HC FUS 1200 Yoga CD MB 1715 FFT 101 FUS 1800 Salsa I ME MB 1915 Salsa II ME MB	20 0900 Beg. Yoga CD 1C 0930 Barre Pilates LM MB 1130 Pump NK 1C 1145 Spin AO SPIN 1600 Krav Maga SR 1C 1800 BANG ME MB	21 0900 Kickboxing CD MB 1000 Tabata NK 1C 1100 Boot Camp HC FUS 1115 BANG ME 1C 1715 FFT 101 FUS	22 0900 Beg. Yoga CD MB 0930 Pump NK 1C 1045 POP Pilates NK 1C 1600 Krav Maga SR 1C	23 <b>Turkey Trot 5k</b> <b>0900</b> 0900 FFT 101 FUS 1000 Beg. Yoga CD MB
24	25 0900 Pilates LM MB 0930 Pump+Core NK 1C 1045 POP Pilates NK 1C 1145 Spin AO Spin	26 0600 Spin AF Spin 1000 Step NK 1C 1000 FFT LM FUS 1100 Boot Camp HC FUS 1200 Yoga CD MB 1715 FFT 101 FUS 1800 Salsa I ME MB 1915 Salsa II ME MB	27 0900 Beg. Yoga CD 1C 1130 Pump NK 1C 1145 Spin AO SPIN 1800 BANG ME MB	28 <b>Thanksgiving Day</b> <b>24hr Access Only</b>	29 <b>Training Holiday</b> <b>0830-1700</b>	30 1000 Beg. Yoga CD MB

Instructors:

AF Augusta Fehn  
AO Aida Otieno  
LG Lucie Geraci  
LM Lauren Meekins  
SR Shawn Robertson  
NK Nelli Klygina  
RD Rey Drummond  
ME Melissa Elam

Class Price:  
\$5 / Package  
\$6 / Drop In

Fitness Rooms:

MB = Mind and Body  
FUS = Fusion  
1C  
Spin

