

# May 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Rooms:</b> 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	<b>Instructors:</b> AR-Alina Rodriguez BK-Bob Karnes JB-Jessie Burchett SW-Shannon Wyatt EC-Emily Coleman RH-Rich Hoke KC-Ketsia Cordova	<b>Instructors:</b> TN-Tony Neal CH-Christy Hudson SG-Steffi Gooding MY-Mandy Yearsley JR-Janay Reynolds JK-Jodi Kowalczyk JE-Jennifer Espinoza JH-Jeonghee Hubble AS-Amber Stark	<b>1</b> 0630 Wake Up Spin-SW-1a 0900 FFT-TN-PFC 0900 Power Pump-MY-1c 1200 Yoga-EC-1c 1830 Strong by Zumba-KC-1c	<b>2</b> 0900 Barre-CH-M&B 1000 Pilates-CH-M&B 1100 Power Pump-JK-1a 1200 Ab Blast-45 min-JK-1c 1630 Spin-RH 1800 Power Yoga-JB-M&B 1830 Zumba- JH-1c	<b>3</b> 0900 Muscle Madness-MY-1c 1000 Barre--MY-M&B	<b>4</b> 1000 Spin- AR-Rm 1a 1200-1400-Golden Sage Martial Arts-BK-1c
<b>5</b>	<b>6</b> 0900 FFT-TN-PFC 0900 Muscle Madness-MY-1c 1000 Barre-Baric-JE-M&B 1100 LIIT-JE-1c 1200 Yoga-JB-M&B 1830 Strong by Zumba KC-1C	<b>7</b> 0900 Spin -AR 1000 FUSE-JE 1c 1100 Gentle Yoga-CH-M&B 1200 Ab Blast-JE-1c 1630 Spin- RH 1830 Zumba-KC-1c	<b>8</b> 0630 Wake up Spin-SW-1a 0900 FFT-TN-PFC 0900 Power Pump-MY-1c 1200 Yoga-EC-1c 1830 Strong by Zumba-KC-1c	<b>9</b> 0900 Barre-CH-M&B 1000 Pilates-CH-M&B 1100 Power Pump-JK-1a 1200 Ab Blast-45 min-JK-1c 1630 Spin-RH 1800 Power Yoga-JB-M&B 1830 Zumba- JH-1c	<b>10</b> 0900 Muscle Madness-JE-1c 1000 Barre-JE-M&B 1145 Spin- AS  New Lunch Time Spin Class!	<b>11</b> 1000 Spin- AR-Rm 1a 1200-1400-Golden Sage Martial Arts-BK-1c
<b>12</b>	<b>13</b> 0900 FFT-TN-PFC 0900 Muscle Madness-MY-1c 1000 Barre-Baric-JE-M&B 1100 LIIT-JE-1c 1200 Yoga-JB-M&B 1830 Strong by Zumba KC-1C	<b>14</b> 0900 Spin-AR-1a 1000 FUSE-JE-1c 1100 Gentle Yoga-CH-M&B 1200 Ab Blast-JE-1c 1630 Spin- RH 1830 Zumba- KC-1c	<b>15</b> 0630 Wake up Spin-SW-1a 0900 FFT-TN-PFC 0900 Power Pump-MY-1c 1200 Yoga-EC-1c 1830 Strong by Zumba-KC-1c	<b>16</b> 0900 Barre-CH-M&B 1000 Pilates-CH-M&B 1100 Power Pump-JK-1a 1200 Ab Blast-45 min-JK-1c 1630 Spin-RH 1800 Power Yoga-JB-M&B 1830 Zumba- JH	<b>17</b> 0900 Muscle Madness-MY-1c 1000 Barre--MY-M&B	<b>18</b> Memorial Day Murph FFT 1000 \$15.00 per person  1200-1400-Golden Sage Martial Arts-BK-1c
<b>19</b>	<b>20</b> 0900 FFT-TN-PFC 0900 Muscle Madness-MY1c 1000 Barre-Baric-JE-M&B 1100 LIIT- JE-1c 1200 Yoga-JB-M&B 1830 Strong by Zumba-KC-1c	<b>21</b> 0900 Spin-AR-1a 1000 FUSE-JE-1c 1100 Gentle Yoga-CH-1c 1200 Ab Blast-JE-1c 1830 Zumba-KC-1c	<b>22</b> 0630 Wake up Spin-SW-1a 0900 FFT-TN-PFC 0900 Power Pump-MY1c 1200 Yoga-EC-1c 1830 Strong by Zumba-KC-1c	<b>23</b> 0900 Barre-CH-M&B 1000 Pilates-CH-M&B 1100 Power Pump-JK-1a 1200 Ab Blast-45 min-JK-1c 1630 Spin-RH 1800 Power Yoga-JB-M&B 1830 Zumba- JH -1c	<b>24</b> Training Holiday 1000-1700	<b>25</b> 1200-1400-Golden Sage Martial Arts-BK-1c
<b>26</b>	<b>27</b> Memorial Day Holiday 1000-1700  	<b>28</b> 0900 Spin-AR-1a 1000 FUSE-JE 1c 1100 Gentle Yoga-CH-M&B 1200 PAb Blast-JE-1c 1630 Spin-RH 1830 Zumba-KC-1c	<b>29</b> 0630 Wake up Spin-SW-1a 0900 FFT-TN-PFC 0900 Power Pump-MY-1c 1200 Yoga-EC-1c 1830 Strong by Zumba-KC-1c	<b>30</b> 0900 Barre-CH-M&B 1000 Pilates-CH-M&B 1100 Power Pump-JK-1a 1200 Ab Blast-45 min-JK-1c 1630 Spin-RH 1800 Power Yoga-JB-M&B 1830 Zumba- JH -1c	<b>31</b> 0900 Muscle Madness-MY-1c 1000 Barre--MY-M&B 1145 Spin-AS  New Lunch Time Spin Class!	

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# Fitness Class Details

<p><b>Small Group Training</b> Group Training of 5 or more in a closed session with trainer of your choice. 10 sessions are \$65 per person. This program has the ability to be what you make of it, fun, personal and effective.</p>	<p><b>Barre-Barric</b> Beyond Barre meets HIP HOP and Weights, not for the faint of heart. Step up your game and join us for a Barre-barric exercise program.</p>
<p><b>Fuse</b>— High Energy classes that combines a variety of training techniques for all fitness levels. Work the entire body and see the changes unfold class by class. You will love this class with upbeat music and an Instructor who loves what she does.</p>	<p><b>Barre</b> 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><b>Golden Sage Martial Arts</b> 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><b>Power Hour</b> 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>Power Yoga</b>— 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><b>LITT</b> 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><b>Yoga/Gentle Yoga</b> 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>Pilates</b> Pilates is a method of exercise that consists of low-impact flexibility and muscular strength and endurance movements.</p>
<p><b>Power Pump</b> 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><b>Biggest Loser</b> 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><b>Zumba</b> 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><b>STRONG by Zumba</b> 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><b>Boot Camp</b> 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><b>Muscle Madness</b> 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><b>Spin/Cycle</b> 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><b>Functional Fitness Training (FFT)</b> A core strength &amp; 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>
<p><i>With Small Group Training, you can choose your trainer from the available Group Instructors and select the individuals you want to train with for 10 sessions. \$65 for 10 sessions ....get your tickets today!</i></p>	<p>Coming Soon, new classes.....</p>

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