



July 2019



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|--|--|---|---|---|
| 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 | 1 0900 FFT-TN-PFC 0900 Muscle Madness-MY-1c 1200 Strictly Sculpting-JE-1c 1830 Strong by Zumba KC-1C | 2 1200 Ab blast- JE- 1c 1645 Spin- SW-1a 1830 Zumba- KC-1c | 3 0900 FFT-TN-PFC 0900 Power Pump-MY-1c 1200 Muscle Failure- MD- 1c 1200 Yoga-EC-M&B 1830 Strong by Zumba-KC-1c <i>*New Lunch time Muscle Failure Class*</i> | 4 Independence Day Training Holiday 1000-1700 | 5 Training Holiday 1000-1700 | 6 1000 Spin- AR-Rm 1a 1200-1400-Golden Sage Martial Arts- 1c |
| 7 | 8 0900 FFT-TN-PFC 0900 Muscle Madness-MY-1c 1200 Strictly Sculptin-JE-1c 1830 Strong by Zumba KC-1C | 9 0900 Kickboxing -JK-1c 1200 Total body condition- JK- 1c 1645 Spin- AS- 1a 1830 Zumba-KC-1c <i>*New 0900 Kickboxing class*</i> | 10 0900 FFT-TN-PFC 0900 Power Pump-MY-1c 1200 Muscle Failure- MD- 1c 1200 Yoga-EC-M&B 1830 Strong by Zumba-KC-1c <i>*New Lunch time Muscle Failure Class*</i> | 11 1100 Power Pump-JK-1a 1200 Ab Blast- JK- 1c 45 min 1645 Spin- AS -1a | 12 0630 Wake up Spin- Sw-1a 0900 Muscle Madness- MY-1c 1000 Barre- MY - M& B 1145 Spin- AS- 1a | 13 1000 Spin- AR-Rm 1a 1200-1400-Golden Sage Martial Arts- 1c |
| 14 | 15 0900 FFT-TN-PFC 0900 Muscle Madness-MY-1c 1200 Strictly Sculptin-JE-1c 1830 Strong by Zumba KC-1C | 16 0900 Kickboxing-JK-1c 1200 Total body condition- JK-1c 1645 Spin- SW2-1a 1830 Zumba- KC-1c <i>*New 0900 Kickboxing class*</i> | 17 0900 FFT-TN-PFC 1200 Muscle Failure- MD-1c 1200 Yoga- EC-M&B 1830 Strong by Zumba-KC-1c <i>*New Lunch time Muscle Failure Class*</i> | 18 1100 Power Pump-JK-1c 1200 Ab Blast-45 min- JK 1645 Spin-SW2-1a | 19 0630 Wake up Spin- Sw-1a 0900 Muscle Madness-JK-1c 1000 Barre- JK- M& B 1145 Spin- JK- 1a | 20 1000 Spin-AR- Rm 1a 1200-1400-Golden Sage Martial Arts- 1c |
| 21 | 22 0900 Muscle Madness-JE-1c 1200 Strictly Sculpting-JE-1c 1830 Strong by Zumba-KC-1c | 23 0900 Kickboxing-JK-1c 1200 Total body condition- JK-1c 1645 Spin- AS-1a 1830 Zumba-KC-1c <i>*New 0900 Kickboxing class*</i> | 24 0900 Power Pump-JE-1c 1200 Muscle Failure- MD-1c 1830 Strong by Zumba-KC-1c <i>*New Lunch time Muscle Failure Class*</i> | 25 1100 Power Pump-JK-1c 1200 Ab Blast-45 min-JK-1c 1645 Spin-SW2-1a | 26 0630 Wake up Spin- Sw-1a 0900 Muscle Madness- JE-1c 1000 Barre- JE- M& B 1145 Spin- AS- 1a | 27 1000 Spin-AR- Rm 1a 1200-1400-Golden Sage Martial Arts- 1c |
| 28 | 29 0900 Muscle Madness-JE-1c 1200 Strictly Sculpting-JE-1c 1830 Strong by Zumba-KC-1c | 30 0930 Kickboxing-JK-1c 1200 Total body condition- JK- 1c 1630 Spin-SW2-1a 1830 Zumba-KC-1c <i>*New 0930 Kickboxing class*</i> | 31 0900 Power Pump-JE-1c 1200 Muscle Failure- MD-1c 1830 Strong by Zumba-KC-1c <i>*New Lunch time Muscle Failure Class*</i> | INSTRUCTORS: AR-Alina Rodriguez AS-Amber Stark BK-Bob Karnes EC-Emily Coleman JE-Jennifer Espinoza JK-Jodi Kowalczyk KC-Ketsia Cordova MD-Maria Diaz MY-Mandy Yearsley SW-Shannon Wyatt SW2-Shawn Worrell | | |

Classes Subject to change on short notice!



Fitness Class Details

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| <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> | <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>Strictly Sculpting Total body strength training using dumbbells and zero high-impact moves.</p> | <p>Ab blast A 45 minute Tabata style class. Learn new and exciting ways to tone and challenge your core and gluteal muscles. Set to curent, mood boosting muscis this class is sure to set you up for success!</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>* 2 NEW classes this month!</p> <p>Kick-boxing Martial arts inspired stick fighting drills. This athletic kick-boxing uses weighted bars to kick, punch, strike, block and feel like you can do anything.</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>Muscle Failure A total body, sculpting class. Emphasis will be on proper form and technique. Look forward to feeling those muscles burn for improved muscle strength and a full body workout. All fitness levels welcome!</p> |
| <p>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>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>Small Group Training 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>STRONG by Zumba 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>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!!!!</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>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><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 sessionsget your tickets today!</i></p> | |

SPORTS, FITNESS & OUTDOOR RECREATION CENTER

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