

August 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	Instructors: AR-Alina Rodriguez AS-Amber Stark BK-Bob Karnes EC-Emily Coleman ES-Emily Shieh JE-Jennifer Espinoza JK-Jodi Kowalczyk KC-Ketsia Cordova MD-Maria Diaz MY-Mandy Yearsley RD-Rey Drummond SW-Shannon Wyatt SW2-Shawn Worrell			1 1100 Power Pump-JK-1a 1200 Ab blast 45 min-JK- 1a 1645 Spin- Sw2-1a	2 Training Holiday 1000-1700	3 1000 Spin- AR- 1a 1000 FFT- RD-PFC 1200-1400-Golden Sage Martial Arts-BK-1c New 1000 FFT class
4	5 Training Holiday 1000-1700	6 0900 Kickboxing- JK-1c 1200 Total Body Conditioning-JK-1c 1645 Spin- SW2 1830 Zumba-KC-1c	7 0900 FFT- ES- Fusion 0900 Power Pump-JE-1c 1200 Muscle Failure- MD-1c 1200 FFT- ES- Fusion 1830 Strong by Zumba-KC-1c 1830 Spin- AR- Fusion New 1830 Spin Class	8 1100 Power Pump-JE-1a 1200 Ab Blast-45 min-JE-1c 1645 Spin-SW2-1a	9 0630 Wake up Spin-AR-1a 0900 Muscle Madness-MY-1c 1000 Barre-MY-M&B 1145 Spin- AS-1a	10 1000 Spin- AR- 1a 1000 FFT- RD-PFC 1200-1400-Golden Sage Martial Arts-BK-1c New 1000 FFT class
11	12 0900 FFT-ES-Fusion 0900 Muscle Madness-MY-1c 1200 Strictly Sculpting-JE-1c 1200 FFT- ES- Fusion 1830 Strong by Zumba-KC-1c	13 0900 Spin- AR- 1a 1200 Total Body Conditioning-JK-1c 1645 Spin- SW2 1830 Zumba-KC-1c	14 0900 FFT- ES- Fusion 0900 Power Pump-MY-1c 1200 Muscle Failure- MD-1c 1200 FFT- ES- Fusion 1200 Yoga- EC- M&B 1830 Strong by Zumba-KC-1c 1830 Spin- AR- Fusion New 1830 Spin Class	15 1100 Power Pump-JK-1a 1200 Ab Blast-45 min-JK-1c 1645 Spin-SW2-1a	16 0630 Wake up Spin- SW- 1a 0900 Muscle Madness-MY-1c 1000 Barre-MY-M&B 1145 Spin-AR-1a	17 1000 Spin- AR- 1a 1000 FFT- RD-PFC 1200-1400-Golden Sage Martial Arts-BK-1c New 1000 FFT class
18	19 0900 FFT-ES-Fusion 0900 Muscle Madness-MY-1c 1200 Strictly Sculpting-JE-1c 1200 FFT- ES- Fusion 1830 Strong by Zumba-KC-1c	20 0900 Kickboxing- JK-1c 1200 Total Body Conditioning-JK-1c 1645 Spin- SW2 1830 Zumba-KC-1c	21 0900 FFT- ES- Fusion 0900 Power Pump-MY-1c 1200 Muscle Failure- MD-1c 1200 FFT- ES- Fusion 1830 Strong by Zumba-KC-1c 1830 Spin- AR- Fusion New 1830 Spin Class	22 1100 Power Pump-JK-1a 1200 Ab Blast-45 min-JK-1c 1645 Spin-SW2-1a	23 0630 Wake up Spin- SW- 1a 0900 Muscle Madness-MY-1c 1000 Barre-MY-M&B 1145 Spin- AS-1a	24 1000 Spin- AR- 1a 1000 FFT- RD-PFC 1200-1400-Golden Sage Martial Arts-BK-1c New 1000 FFT class
25	26 0900 FFT-ES-Fusion 0900 Muscle Madness-MY-1c 1200 Strictly Sculpting-JE-1c 1200 FFT- ES- Fusion 1830 Strong by Zumba-KC-1c	27 0900 Kickboxing- JK-1c 1200 Total Body Conditioning-JK-1c 1645 Spin- SW2 1830 Zumba-KC-1c	28 0900 FFT- ES- Fusion 0900 Power Pump-MY-1c 1200 Muscle Failure- MD-1c 1200 FFT- ES- Fusion 1200 Yoga- EC- M&B 1830 Strong by Zumba-KC-1c 1830 Spin- AR- Fusion New 1830 Spin Class	29 1100 Power Pump-JK-1a 1200 Ab Blast-45 min-JK-1c 1645 Spin-SW2-1a	30 Training Holiday 1000-1700	31 1000 Spin- AR-1a 1000 FFT- RD-PFC 1200-1400-Golden Sage Martial Arts-BK-1c New 1000 FFT class

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Fitness Class Details

<p>Muscle Madness Incorporates a mix of dumbbells, stability devices, resistance bands and body-weight exercises to build overall strength and endurance. Suitable for all fitness levels.</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 current, mood boosting music, this class is sure to set you up for success!</p>
<p>STRONG by Zumba A high intensity interval class— think burpees, pushups, and other high impact moves—that are perfectly synched to rhythmic beats. STRONG by Zumba will keep you moving to a variety of custom music, making it easy to lose track of time and get lost in the workout. NO DANCING REQUIRED!</p>	<p>Barre One of the hottest trends in the industry - Barre-provides 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>Kickboxing Martial arts inspired stick fighting drills. This athletic kickboxing uses weighted bars to kick, punch, strike, block and fell like you can do anything.</p>
<p>Strictly Sculpting Total body strength training class that uses dumbbells and zero high impact moves. Build lean muscle and burn fat. All weights. NO cardio.</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>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>Boot Camp 6 week program Tuesday and Thursday evening from 1715-1830. The next session runs from July 23-August 29! 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>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>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>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 constantly varied, intense and functional 60 min training session—scaled to meet all fitness levels.</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>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>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!</p>
<p>Total Body Conditioning This total body workout targets muscles from head to toe to build strength and endurance while improving flexibility. Total Body Conditioning is an interval-focused class that alternates between cardio bursts and strength- building exercises. If you are ready to shake up your routine, then come prepared to work hard and have fun!</p>	

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