

March 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div>1</div> <div>1400-1600 Rm1c- Golden Sage Martial Arts Blue Belt and above</div>	<div>2</div> <div>0900 FFT-TN 0900 Muscle Madness-AW-1c 1000 Yoga& Weights-EC-1c 1200 Yoga-EC-M&B 1200 Strictly Sculpting JE-1c 1200 FFT-ES 1730 Spin-RH 1800 FFT-JJ-Fusion 1830 Strong by Zumba-KC-1c</div>	<div>3</div> <div>1000 Yoga- EC-MB 1200 Total.Body Condition Jk1c 1700-Spin-AR 1730 Gentle Yoga KL-M&B 1830 Zumba-KC-1c</div>	<div>4</div> <div>0630 Yoga-KL-M&B 0900 FFT- TN 0900 Muscle Failure-AW-1c 1000 Fuse-JE-M&B 1000 Yoga& Weights EC-1c 1200 Yoga-EC-1C 1200 FFT-ES 1700 Power Pump-JK-1c 1730 Spin- AR- Spin Rm 1800 FFT-Fusion 1830 Strong by Zumba-KC 1c</div>	<div>5</div> <div>0900 Zumba Gold-AR-1c 1000 Yoga-EC M&B 1645 Zumba Step-KC-1c 1830 Yoga EC-M&B</div>	<div>6</div> <div>0630 Wake up Spin-SW-1a 0900 Muscle Madness-AW-1c 1000 Core Fusion-AW-M&B 1800 FFT-JJ-Fusion</div> <div>Yoga Workshop 1700-1900 \$10</div>	<div>7</div> <div>1015 Spin- AR 1200-1400-Golden Sage Martial Arts-BK-1c</div>
<div>8</div> <div>1400-1600 Rm1c- Golden Sage Martial Arts Blue Belt and above</div>	<div>9</div> <div>0900 FFT-TN 0900 Muscle Madness-AW-1c 1000 Yoga& Weights-EC-1c 1200 Yoga-EC-M&B 1200 Strictly Sculpting JE-1c 1200 FFT-ES 1730 Spin-RH 1800 FFT-JJ-Fusion 1830 Strong by Zumba-KC1C</div> <div>New Spin Class @ 1730</div>	<div>10</div> <div>0630 Spin -SG 1000 Yoga- EC-MB 1200 Total.Body Condition Jk1c 1200 FFT-ES 1700-Spin-AR 1730 Gentle Yoga JL-M&B 1830 Zumba-KC-1c</div>	<div>11</div> <div>0630 Yoga-KL-M&B 0900 FFT- TN 0900 Muscle Failure-AW-1c 1000 Fuse-JE-M&B 1000 Yoga& Weights EC-1c 1200 Yoga-EC-1C 1200 FFT-ES 1700 Power Pump-JK-1c 1730 Spin- AR- Spin Rm 1800 FFT-Fusion 1830 Strong by Zumba-KC-1c</div>	<div>12</div> <div>0900 Zumba Gold-AR-1c 1000 Yoga-EC M&B 1100 Power Pump-JK-1c 1200 Ab Blast-45 min-JK-1c 1645 Zumba Step-KC-1c 1830 Yoga EC-M&B</div>	<div>13</div> <div>0630 Wake up Spin-SW-1a 0900 Muscle Madness-AW-1c 1000 Core Fusion-AW-M&B 1200 FFT-ES 1800 FFT-JJ-Fusion</div>	<div>14</div> <div>1015 Spin- AR 1200-1400-Golden Sage Martial Arts-BK-1c</div>
<div>15</div> <div>1400-1600 Rm1c- Golden Sage Martial Arts Blue Belt and above</div>	<div>16</div> <div>0900 FFT-TN 0900 Muscle Madness-AW-1c 1000 Yoga& Weights-EC-1c 1200 Yoga-EC-M&B 1200 Strictly Sculpting JE-1c 1200 FFT-ES 1730 Spin-RH 1800 FFT-JJ-Fusion 1830 Strong by Zumba-KC-1c</div>	<div>17</div> <div>0630 Spin -SG 1000 Yoga- EC-MB 1200 Total.Body Condition Jk1c 1200 FFT-ES 1700 Spin-AR 1730 Gentle Yoga JL-M&B 1830 Zumba-KC-1c</div>	<div>18</div> <div>0630 Yoga-KL-M&B 0900 FFT- TN 0900 Muscle Failure-AW-1c 1000 Fuse-JE-M&B 1000 Yoga& Weights EC-1c 1200 Yoga-EC-1C 1200 FFT-ES 1700 Power Pump-JK-1c 1645 Spin- AR- Spin Rm 1800 FFT-Fusion 1830 Strong by Zumba-KC-1c</div> <div>Guided Meditation 1800-1915 \$10</div>	<div>19</div> <div>0900 Zumba Gold-AR-1c 1000 Yoga-EC M&B 1100 Power Pump-JK-1c 1200 Ab Blast-45 min-JK-1c 1645 Zumba Step-KC-1c 1830 Yoga EC-M&B</div>	<div>20</div> <div>Training Holiday 1000-1700</div>	<div>21</div> <div>1200-1400-Golden Sage Martial Arts-BK-1c</div>
<div>22</div> <div>1400-1600 Rm1c- Golden Sage Martial Arts Blue Belt and above</div>	<div>23</div> <div>Training Holiday 1000-1700</div>	<div>24</div> <div>0630 Spin -SG 1000 Yoga- EC-MB 1200 Total.Body Condition Jk1c 1200 FFT-ES 1700 Spin-AR 1730 Gentle Yoga JL-M&B 1830 Zumba-KC-1c</div>	<div>25</div> <div>0630 Yoga-KL-M&B 0900 FFT-TN 0900 Muscle Failure-AW-1c 1000 Fuse-JE-M&B 1000 Yoga& Weights EC-1c 1200 Yoga-EC-1C 1200 FFT-ES 1700 Power Pump-JK-1c 1730 Spin- AR- Spin Rm 1800 FFT-JJ- Fusion 1830 Strong by Zumba-KC-1c</div>	<div>26</div> <div>0900 Zumba Gold-AR-1c 1000 Yoga-EC M&B 1100 Power Pump-JK-1c 1200 Ab Blast-45 min-JK-1c 1645 Zumba Step-KC-1c 1830 Yoga EC-M&B</div>	<div>27</div> <div>0630 Wake up Spin-SW-1a 0900 Muscle Madness-AW-1c 1000 Core Fusion-AW-M&B 1200 FFT-ES 1800 FFT-JJ-Fusion</div>	<div>28</div> <div>1015 Spin-AR 1200-1400-Golden Sage Martial Arts-BK-1c</div> <div>Yoga Workshop 1130-1330 \$10</div>
<div>29</div> <div>1400-1600 Rm1c- Golden Sage Martial Arts Blue Belt and above</div>	<div>30</div> <div>0900 FFT-TN 0900 Muscle Madness-AW-1c 1000 Yoga& Weights-EC-1c 1200 Yoga-EC-M&B 1200 Strictly Sculpting JE-1c 1200 FFT-ES 1730 Spin-RH 1800 FFT-JJ-Fusion 1830 Strong by Zumba-KC-1c</div>	<div>31</div> <div>1000 Yoga- EC-MB 1200 Total.Body Condition Jk1c 1700-Spin-AR 1730 Gentle Yoga JL-M&B 1830 Zumba-KC-1c</div>	<div>Rooms: M&B- Mind and Body Cycle-Room 1a Fusion Rm- 212 Main Fit Rm- 1a PFC-Physical Fitness Center ////////////////////Front Desk:548-9830 Civ: +49 611-143-548-9830 DSN: 548-9830</div>	<div>Instructors: AR-Alina Rodriguez AW-Amy Wahl BK-Bob Karnes EC-Emily Coleman ES-Emily Shieh JE-Jennifer Espinoza JJ-Jamie Johnson</div>	<div>Instructors: JK-Jodi Kowalczyk JL-Judy Lapointe KC-Ketsia Cordova KL-Kirsten Light MD-Maria Diaz RH-Rich Hoke SW-Shannon Wyatt</div>	

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Fitness Class Details

<p>Muscle Madness</p> <p>Incorporates a mix of dumbbells, weights bars, stability devices, resistance bands and body-weight exercises to build overall strength and endurance. This class supersedes all exercises to keep the heart rate up. Suitable for all fitness levels.</p>	<p>Ab blast</p> <p>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</p> <p>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>CORE FUSION is a class designed to build a powerful core. You will target abs, obliques, and glutes to help improve posture, balance, and stability. This attention to your core enhances your ability to lift heavier and achieve optimal performance in all your daily activities. All levels welcome!</p>
<p>Golden Sage Martial Arts</p> <p>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>Total Body Conditioning</p> <p>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>
<p>Strictly Sculpting</p> <p>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>Spin</p> <p>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>Yoga</p> <p>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>Yoga and Weights</p> <p>.When muscle meets yoga, Yoga+Weights is born. Boost metabolism and build lean muscle mass as you move to upbeat tracks. You'll combine free weights with Vinyasa Yoga sequencing and cardio to intensify each yoga pose while mixing in strength-training moves like squats, lunges and bicep curls. Weights are optional and all levels are welcome.</p>
<p>Power Pump</p> <p>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>Functional Fitness Training (FFT)</p> <p>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>Zumba</p> <p>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</p> <p>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 Gold</p> <p>Active adults of all ages who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination and best of all its fun and interactive.</p>	<p>Small Group Training</p> <p>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>Zumba Step</p> <p>Focusing on the lower body – particularly the glutes and legs – Zumba Step combines the elements of Step Aerobics with the upbeat rhythms and party atmosphere of Zumba. What you get is an easy-to-follow, highly effective workout that gives great results.</p>	

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