

# WIESBADEN SPORTS AND FITNESS CENTER GROUP FITNESS

**19:15-2030 October 1, 8, 15, 29** 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.

**1000 Oct. 12** The Wiesbaden Sports & Fitness Center will host the Army Ten-Miler Official Shadow Run race series, presented by Official Sponsor KBR. Participants will run a 10-mile course in the Wiesbaden Community. Free t-shirts will be available while supplies last. The first 200 finishers will receive a finishing medal. Top 3 male and top 3 female finishers will also receive a plaque.

**0900-1200 Oct. 26** The Wiesbaden Fitness center hosts the 5K Zombie Fun Run on October 26 from 9 a.m. to noon. The first 150 participants to complete the run will receive a finishing medal. Trick or treaters will receive a small bag of sugary goodies at the finish line. T-shirts will be available for purchase while supplies last.

**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

## October 2024

SUN	MON	TUE	WED	THU	FRI	SAT
		1 1000 FFT LM FUS 1000 Tabata NK 1C 1715 FFT 101 FUS 1800 Salsa I ME MB 1915 Salsa II ME MB	2 0930 Beg. Yoga CD 1C 0930 Barre Pilates LM MB 1130 Pump NK 1C 1145 Spin AO SPIN 1800 BANG ME MB	3 0930 Kickboxing CD MB 1000 Athletic Step NK 1C 1115 BANG ME 1C 1715 FFT 101 FUS	4 0930 Beg. Yoga CD MB 0930 Pump NK 1C 1045 POP Pilates NK 1C	5 0900 FFT 101 FUS 1000 Beg. Yoga CD MB
6 0900 Pilates LM MB 0930 Pump+Core NK 1C 1045 POP Pilates NK 1C 1145 Spin AO Spin	7	8 0600 Spin AF Spin 1000 Tabata NK 1C 1000 FFT LM FUS 1715 FFT 101 FUS 1800 Salsa I ME MB 1915 Salsa II ME MB	9 0930 Beg. Yoga CD 1C 0930 Barre Pilates LM MB 1130 Pump NK 1C 1145 Spin AO Spin 1800 BANG ME MB	10 0600 Spin AF Spin 0930 Kickboxing CD MB 1000 Athletic Step NK 1C 1115 BANG ME 1C 1715 Spin 101 Spin	11 <b>Training Holiday 0830-1700</b>  0930 Beg. Yoga CD MB 0930 Pump NK 1C 1045 POP Pilates NK 1C	12 <b>Army Ten-Miler Official Shadow Run 1000</b>  1000 Beg. Yoga CD MB
13	14 <b>Columbus Day Holiday 0830-1700</b>	15 0600 Spin AF Spin 1000 Tabata NK 1C 1000 FFT LM FUS 1715 FFT 101 FUS 1800 Salsa I ME MB 1915 Salsa II ME MB	16 0930 Beg. Yoga CD 1C 1130 Pump NK FUS 1145 Spin AO Spin	17 0930 Kickboxing CD MB 1000 Athletic Step NK 1C 1715 Spin 101 Spin	18 0930 Beg. Yoga CD MB 0930 Pump NK 1C 1045 POP Pilates NK 1C	19 0900 FFT 101 FUS 1000 Beg. Yoga CD MB
20 0900 Pilates LM MB 0930 Pump+Core NK 1C 1045 POP Pilates NK 1C 1145 Spin AO Spin	21	22 0600 Spin AF Spin 1000 Tabata NK 1C 1000 FFT LM FUS 1715 FFT 101 FUS	23 0930 Beg. Yoga CD 1C 0930 Barre Pilates LM MB 1130 Pump NK 1C 1145 Spin AO SPIN	24 0600 Spin AF Spin 0930 Kickboxing CD MB 1000 Athletic Step NK 1C 1715 FFT 101 FUS	25 <b>Training Holiday 0830-1700</b>  0930 Beg. Yoga CD MB 0930 Pump NK 1C 1045 POP Pilates NK 1C	26 <b>Zombie Run 5k 0900-1200</b>  0900 FFT 101 FUS 1000 Beg. Yoga CD MB
27 0900 Pilates LM MB 0930 Pump+Core NK 1C 1045 POP Pilates NK 1C 1145 Spin AO Spin	28	29 0600 Spin AF Spin 1000 Tabata NK 1C 1000 FFT LM FUS 1715 FFT 101 FUS 1800 Salsa I ME MB 1915 Salsa II ME MB	30 0930 Beg. Yoga CD 1C 0930 Barre Pilates LM MB 1130 Pump NK 1C 1145 Spin AO SPIN 1800 BANG ME MB	31 0930 Kickboxing CD MB 1000 Athletic Step NK 1C 1115 BANG ME 1C 1715 FFT 101 FUS		

**Instructors:**

AF Augusta Fehn  
 AO Aida Otieno  
 LG Lucie Geraci  
 LM Lauren Meekins  
 NK Nelli Klygina  
 RD Rey Drummond  
 ME Melissa Elam  
 CD Caroline Dozier

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

**Fitness Rooms:**  
 MB = Mind and Body  
 FUS = Fusion  
 1C  
 Spin