

# September 2020

All classes held inside and upstairs in their classrooms again, they will be 45 min in length to allow for proper sanitation before and after class.  
There is max capacity due to COVID restrictions on the classes.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>Room Max Occupancy below. First come, first serve:</b>  <b>Rm 1C-12</b> <b>M&amp;B- 9</b> <b>Spin-10</b> <b>FFT-8</b> <i>*Patrons and Instructors must follow max occupancy for each room.</i>	<b>1</b> <b>0830 POUND—GT Fusion</b> <b>1000 Yoga-EC 1C</b> <b>1030 TRX-JK M&amp;B</b> <b>1200 Tabata-JK Rm 1C</b> <b>1715 Spin RD</b> <b>1800 Strong Nation -KC 1C</b>	<b>2</b> <b>0900 Barbell Strength JK 1C</b> <b>1000 Yoga w/weights EC M&amp;B</b> <b>1000 Core &amp; Glute-JK 1C</b> <b>1200 Yoga - EC Rm1C</b> <b>1700 Spin RH</b> <b>1715 FFT-RD</b> <b>1800 Zumba Gold- AR 1C</b>	<b>3</b> <b>1000 Yoga EC M&amp;B</b> <b>1100-Barbell Strength-JK 1C</b> <b>1200 Total Conditioning-JK 1C</b> <b>1800 Zumba-AR Rm 1C</b> <b>1800 FFT-SG</b>	<b>4</b> <b>Training Holiday</b> <b>1000-1700</b>	<b>5</b>
6	<b>7</b> <b>LABOR DAY</b> <b>1000-1700</b>	<b>8</b> <b>0830 POUND—GT Fusion</b> <b>1000 Yoga-EC 1C</b> <b>1030 TRX-JK M&amp;B</b> <b>1200 Tabata-JK Rm 1C</b> <b>1715 Spin RD</b> <b>1800 Strong Nation -KC 1C</b>	<b>9</b> <b>0900 Barbell Strength JK 1C</b> <b>1000 Core &amp; Glute-JK 1C</b> <b>1700 Spin RH</b> <b>1715 FFT-RD</b> <b>1800 Zumba Gold- AR 1C</b>	<b>10</b> <b>1000 Yoga EC M&amp;B</b> <b>1100-Barbell Strength-JK 1C</b> <b>1200 Total Conditioning-JK 1C</b> <b>1800 Zumba-AR Rm 1C</b> <b>1800 FFT-SG</b>	<b>11</b>	<b>12</b> <b>1000 Spin-AR</b> <b>1200-1400</b> <b>Golden Sage</b> <b>Martial Arts-BK</b>
13	<b>14</b> <b>1000 Yoga w/Weights EC M&amp;B</b> <b>1200-Strictly Sculpting-JE Rm 1c</b> <b>1200 Yoga EC M&amp;B</b> <b>1700 Spin RH</b> <b>1800 Zumba KC 1C</b>	<b>15</b> <b>0830 POUND—GT Fusion</b> <b>1000 Yoga-EC 1C</b> <b>1030 TRX-JK M&amp;B</b> <b>1200 Tabata-JK Rm 1C</b> <b>1715 Spin RD</b> <b>1800 Strong Nation -KC 1C</b>	<b>16</b> <b>0900 Barbell Strength JK 1C</b> <b>1000 Yoga w/weights EC M&amp;B</b> <b>1000 Core &amp; Glute-JK 1C</b> <b>1200 Yoga - EC Rm1C</b> <b>1700 Spin RH</b> <b>1715 FFT-RD</b> <b>1800 Zumba Gold- AR 1C</b>	<b>17</b> <b>1000 Yoga EC M&amp;B</b> <b>1100-Barbell Strength-JK 1C</b> <b>1200 Total Conditioning-JK 1C</b> <b>1800 Zumba-AR Rm 1C</b> <b>1800 FFT-SG</b>	<b>18</b>	<b>19</b> <b>1000 Spin-AR</b> <b>1200-1400</b> <b>Golden Sage</b> <b>Martial Arts-BK</b>
20	<b>21</b> <b>1000 Yoga w/Weights EC M&amp;B</b> <b>1200-Strictly Sculpting-JE Rm 1c</b> <b>1200 Yoga EC M&amp;B</b> <b>1700 Spin RH</b> <b>1800 Zumba KC 1C</b>	<b>22</b> <b>0830 POUND—GT Fusion</b> <b>1000 Yoga-EC 1C</b> <b>1030 TRX-JK M&amp;B</b> <b>1200 Tabata-JK Rm 1C</b> <b>1715 Spin RD</b> <b>1800 Strong Nation -KC 1C</b>	<b>23</b> <b>0900 Barbell Strength JK 1C</b> <b>1000 Yoga w/weights EC M&amp;B</b> <b>1000 Core &amp; Glute-JK 1C</b> <b>1200 Yoga - EC Rm1C</b> <b>1700 Spin RH</b> <b>1715 FFT-RD</b> <b>1800 Zumba Gold- AR 1C</b>	<b>24</b> <b>1000 Yoga EC M&amp;B</b> <b>1100-Barbell Strength-JK 1C</b> <b>1200 Total Conditioning-JK 1C</b> <b>1800 Zumba-AR Rm 1C</b> <b>1800 FFT-SG</b>	<b>25</b>	<b>26</b> <b>1000 Spin-AR</b> <b>1200-1400</b> <b>Golden Sage</b> <b>Martial Arts-BK</b>
27	<b>28</b> <b>1000 Yoga w/Weights EC M&amp;B</b> <b>1200-Strictly Sculpting-JE Rm 1c</b> <b>1200 Yoga EC M&amp;B</b> <b>1700 Spin RH</b> <b>1800 Zumba KC 1C</b>	<b>29</b> <b>1000 Yoga-EC 1C</b> <b>1030 TRX-JK M&amp;B</b> <b>1200 Tabata-JK Rm 1C</b> <b>1800 Strong Nation -KC 1C</b>	<b>30</b> <b>0900 Barbell Strength JK 1C</b> <b>1000 Yoga w/weights EC M&amp;B</b> <b>1000 Core &amp; Glute-JK 1C</b> <b>1200 Yoga - EC Rm1C</b> <b>1700 Spin RH</b> <b>1800 Zumba Gold- AR 1C</b>	<b>Instructors:</b> AR-Alina Rodriguez BK-Bob Karnes EC-Emily Coleman GT-Gina Tuel KC-Ketsia Cordova RD- Rey Drummond	<b>Instructors:</b> TN-Tony Neal SG-Steffi Gooding JK-Jodi Kowalczyk JE-Jennifer Espinoza RH-Rich Hoke	

## SPORTS, FITNESS & OUTDOOR RECREATION CENTER

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# Fitness Class Details

<p><b>POUND-</b> A full-body <b>workout</b> that usually lasts 45 minutes to an hour, <b>Pound</b> includes exercises that involve alternate squatting and standing to strengthen the inner and outer thighs, buttocks, core muscles, and back muscles. ... When you arrive at a <b>Pound class</b>, you will be provided a mat and ripstix.</p>	<p><b>Strong Nation</b> is a high intensity interval class — think burpees, pushups, and other high-impact moves — that's synced to specific music. This is a high intensity workout for all levels.</p>
<p><b>Yoga With Weights</b> targets the parts of the body where we hold the most stress: the knees, hips, low back, shoulders and core. This class combines a creative <b>yoga</b> flow with light <b>weights</b> and bodyweight intervals to provide a transformation workout designed to sculpt, lengthen, and challenge every major muscle group.</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>Fuse</b>— High energy that combines a variety of training techniques for all fitness levels. Work the entire body and see the changes unfold class by class. The will love this class with upbeat music and an Instructor who loves what she does.</p>
<p><b>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>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 constantly varied, intense and functional 60 min training session—scaled to meet all fitness levels.</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>Core &amp; Glute</b> Body weight exercises and lights weights, high reps to firm up and reinforce those core muscles and build a stronger and rounder glute. All levels welcome.</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. TBD</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>Tabata</b> is a high-intensity interval <b>training</b> that consists of eight sets of fast-paced exercises each performed for 20 seconds interspersed with a brief rest of 10 seconds .</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. TBD</p>	<p><b>Barbell Strength</b> Incorporates a mix of dumbbells and barbells , resistance training and body-weight exercises to build over all strength and endurance. Suitable for all levels.</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>Zumba Gold</b> is a popular Zumba specialty for anyone needing a low intensity workout with modifications. This class feels more like a party; hot latin beats and international music will have you dancing back into fitness with ease!</p>

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