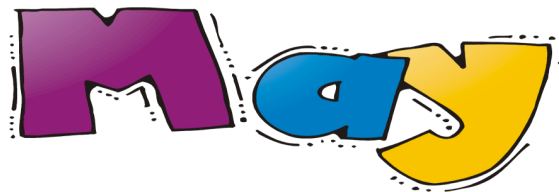


Group Fitness Schedule

FORT RUCKER PHYSICAL FITNESS CENTERS 2017



Fitness Programs Coordinator
Lynn Avila
Barbara.l.avila2.naf@mail.mil
255-1951



—Schedule is subject to change—

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday
0600-0700 Spinning Aimee	0830-0930 Strongbodies Jessyka	0600-0700 Spinning Aimee	0830-0930 Row & Strength Cynthia *FR PC	0830-0945 Spinning and Strength Aimee	29 April
0830-0930 Spinning Cynthia	1000-1100 Yoga Gladysa	0830-0930 Spinning Cynthia	1700-1800 Spinning Nicole	1000-1100 YOGA Gladysa	10 Mile Run Off and team Relay NO GF classes
1200-1300 Absoglutely Micah	1145-1245 Spinning Nicole	1000-1100 H2O 4 Fitness Jessyka *FR PFC	1815-1915 Yoga Gladysa		06 May Total Body 0930 Kris
1700-1800 Strongbodies Jill	1700-1800 Spinning Nicole	0945-1045 YOGA Gladysa			13 May Yoga 0930 Gladysa
		1130-1245 Spin Shape and Pump Shaun			20 May Spinning 0930 Nicole
		1700-1800 Strongbodies Jill			27 May Enjoy your Memorial Day Weekend



The Fitness Fun your looking for.
ELITE Instructors! Try it today !

WARNING:
SIDE EFFECTS MAY
INCLUDE SWEATING,
EUPHORIA, AND GENERAL

Fort Rucker SFA appreciates any and all feedback you may give us!
Please feel free to submit an Interactive Customer Evaluation
(ICE) Comment for our Fitness Programs.

<https://ice.disa.mil/>

H2O 4 Fitness

- Water workout for the entire body.
- Challenging enough for the fit
- Welcoming for the new!
- Light on the joints, great for the heart

Classes are given at Fort Rucker Physical Fitness

Hours of Operation
Ft. Rucker PFC and
Fortenberry Colton PFC

Mon-Fri 0500-200
Sat- 0800-1700
Sun -0900-1700

Check for more information.
<http://rucker.armymwr.com/us/rucker>

Class Descriptions and rates are
found on back side of schedule.

The Fortenberry-Colton Physical Fitness Facility is dedicated to serving the needs of our patrons by providing professional instruction, a safe, effective, well balanced and fun workout. We strive to offer a variety of classes that focus on cardiovascular conditioning, strength, flexibility training, and a body/mind awareness. We believe in promoting the general health of the individual on a personal level with all the components to make your workout an effective and enjoyable experience.

Class Descriptions

H2O 4 FITNESS— A high-energy, challenging full body pool workout. Your joints will thank you, while your muscles feel the burn.

Spinning- Begin to make your fitness goals a reality, with no complicated moves to learn, a motivating group environment, excellent instructors, and music that begs your legs to pedal. You'll get a heart pounding yet low impact workout while maintaining the ability to go at your own pace. Training sessions will be either Interval, Endurance, Strength or Race Day rides. Water bottle is required in class! Appropriate for ALL fitness levels. ****If this is your first time, please come at least 15 minutes early for proper bike set up.*****

Spin, Pump & Shape- Combines Spinning with strength training for an all-over workout.

Strong Bodies- Work every muscle in every angle. This total body workout is designed to improve muscular strength and endurance utilizing free weights, tubing, BodyBars, and Resist-a-Balls. Appropriate for all fitness levels. Please come in 5-10 minutes early to set up.

Tabata...This HIIT (High Intensity Interval Training) is designed to push you to your limits. You will complete endurance exercises at MAX effort for 20 seconds work and 10 seconds rest in 4-4 minute intervals. This class will build aerobic and anaerobic endurance and ignite your caloric burn. *****Not suitable for unconditioned individuals. Please come in 5-10 minutes early to set up.*****

ABsoGLUTELY— A lower body and core workout Including weights and cardio to tighten and build a common problem area. High energy fun way to work that last to be seen area.

Row and Strength—A circuit style class using the concept II rowers combined with your level of weights for a great metabolic burn. This 1 hour class is well rounded to fit any fitness level. You'll work your heart and tone those muscles in this one hour class. Class is located at Ft Rucker Physical Fitness Center Bldg 4605

F.A.S.T— (Functional Athletic Strength Training)...Using cross fit methodology, find your inner athlete with a progressive combination of strength, agility, balance and core training. Utilizing kettlebells, plyometrics, medicine and stability balls weights and body weight. Build lean body mass, improve athletic performance and train for a healthy heart in just 60 minutes

LUNCH EXPRESS—This class is or YOU, literally the instructor will teach a 45 minute class based on participants choice of the day. The type of class can range from Tabata , weights, cardio, upper body or lower body. A great way to stay healthy and get your exercise time in !

Yoga- A complete body work out; not only will you strengthen your body, but your mind as well. Our yoga practice stems from traditional Hatha Yoga integrating, mind and body, breath and awareness through body postures, movements, and asanas. Increase strength, flexibility, and muscle tone. Try it because you are curious, stick with it because you are enlightened.

PT Units may request a specific session to meet unit needs. Please contact Programs Coordinator for details.

Class Fees

\$3.50 per class
\$15 for 2 weeks
(unlimited classes)
\$30 per month
(unlimited classes)

Children are not permitted to attend fitness classes as a participant or spectator under the age of 13.

We apologize for the inconvenience.

Hourly childcare is available through the CDC.

Class Sign In Policy

Patrons may sign up for any class on the day of that class after 5:30 am , by calling in a reservation or by coming into the Fortenberry-Colton PFC. You must check in at the front desk at least 10 min prior to your class or you will forfeit your reservation.

CALL 334.255.3794