Group Fitness Schedule
FORT RUCKER PHYSICAL
FITNESS CENTERS 2017

—Schedule is subject to change—

JUNE

Fitness Programs Coordinator
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U.S. ARMY SFA SPORTS · FITNESS · AQUATICS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday
0600-0700 Spinning Aimee **0830-0930 Spinning** Cynthia **1200-1300 Absoglutely** Nicole **1700-1800 Strongbodies** Jill **1815-1915 Yoga** Gladysa	**0830-0930 Strongbodies** **Jessyka** **1000-1100 Yoga** Jessyka **1030-1130 Hardcore** Jessica ***PFC** ***Starting June 13*** **1700-1800 Spinning** Nicole	**0600-0700 Spinning** Aimee **0830-0930 Spinning** Cynthia **1000-1100 H20 4 Fitness** Jessyka ***FR PFC** **1200-1245 Express Spin and Abs** Nicole **1700-1800 Strongbodies** Jill	**0830-0930 Pure Strength** Cynthia **0945-1015 Tabata** Cynthia **1030-1130 Hardcore** Jessica ***PFC** ***Starting June 15*** **1700-1800 Spinning** Nicole **1800-1900 T.A.C.** **Jessica *PFC** ***Starting June 15*** **1815-1915 Yoga** Gladysa	**0830-0945 Spinning and Strength** Aimee **1000-1100 YOGA** Aimee	**3 June** **No GF Classes** **S.O.S. 5k Race!** **10 June 0830-0930** **Spinning** Nicole **17 June 0830-0930** **Strongbodies** Jessyka **24 June** **No GF Classes** **Ft Rucker Triathlon!**

SPINNING

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/

!!!ATTENTION!!!

NEW CLASSES AND TIMES

- **ALL SATURDAY CLASSES START AT 0830!!!!**
- **Pure Strength**
- **Tabata**
- **Express Spin and Abs**
- **Hardcore**
- **T.A.C.**

Hours of Operation
Ft. Rucker PFC and
Fortenberry Colton PFC

Mon-Fri 0500-2000
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. Held at the Physical Fitness Center indoor pool on Andrews Ave.

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.****

Express Spin and Abs– A 30 minute intense high calorie burning ride!! After your legs are smoked you'll hop off the bike and finish with abs!!!

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. ***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.

Yoga- A complete body work out; not only will you strengthen your body, but your mind as well. Our yoga practice stes 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.

Pure Strength– A total body workout that uses a variety of equipment: barbells, dumbbells, kettlebells and more to strengthen your entire body and all your muscle groups! Set to fun music this class is for anyone who wants to increase their muscular strength and endurance while shaping their entire body. This class does not utilize cardio and is appropriate for all fitness levels. Ready to gain lean muscle? This class is for you!!!

Hardcore– Kick up your strength training and cardio routine and boost your conditioning to the next level. With this high intensity program, we will do resistance training, intervals, power sets, plyometric and more! Get ready to challenge your body in new ways! ***Located at the Physical Fitness Center gym***

T.A.C.– A highly intense full body workout designed to take you to your limit both physically and mentally. T.A.C. includes full body functional training combined with power exercise and athletic training. Prior functional fitness experience recommended, but not required. ***Located at the Physical Fitness Center Gym. *Please arrive 5-10 minutes early to set up.***

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