## Group Fitness Schedule
FORT RUCKER PHYSICAL
FITNESS CENTERS 2017

*—Schedule is subject to change—*

# October

Fitness Programs Coordinator
Kendra Pena

255-1951

U.S. ARMY SFA SPORTS • FITNESS • AQUATICS

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | Saturday |
|---|---|---|---|---|---|
| **0600-0700 Spinning**<br>Nicole<br><br>**10:30-11:30 Intro to Weights and Plates**<br>Jessica *PFC*<br><br>**1200-1300 Absoglutely**<br>Nicole<br><br>**1700-1800 Strongbodies**<br>Jill<br><br>**1815-1915 Yoga**<br>Gladysa | **1000-1100 Yoga**<br>Jessyka<br><br>**10:30-11:30 Hardcore**<br>Jessica * PFC<br><br>**1700-1800 Spinning**<br>Nicole | **0600-0700 Spinning**<br>Nicole<br><br>**1000-1100 Intro to Weights and Plates**<br>Jessica *PFC*<br><br>**1700-1800 T.A.C.**<br>Jessica *PFC*<br><br>**1700-1800 Strongbodies**<br>Jill | **1000-1100 Yoga**<br>Jessyka<br><br>**10:30-11:30 Hardcore**<br>Jessica * PFC<br><br>**1700-1800 Spinning**<br>Nicole<br><br>**1815-1915 Yoga**<br>Gladysa | 10:15-11:15 **Strong Bodies**<br>Jessyka | **7 October**<br>**No GF classes**<br>**Columbus Day!**<br><br>**14 October 0830-0930**<br>**Spinning**<br>**Nicole**<br><br>**21 October 0830-0930**<br>**Total Body**<br>**Kris**<br><br>**28 October 0830-0930**<br>**Spooky 5k!!!** |

SPINNING

## !!!ATTENTION!!!

**Spooky 5k and Fun Run**
**October 28**

**No GF Classes on October 7 or October 9**
**Enjoy your Columbus Day Holiday!**

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/

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

**Hours of Operation**
**Ft. Rucker PFC and**
**Fortenberry-Colton PFC**

Mon-Fri 0500-2000
Sat– 0800-1700
Sun –0900-1700

**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

**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.*****

**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.

**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.***

**Intro to Weights and Plates–** An introduction to a course coming in August. The class is designed to teach and develop foundational weightlifting movements such as pressing, deadlifting and squatting. The class will focus on strengthening these movements to assist in new PR's and maintaining form.

**Rowing + Strength—**A total body workout using the rowing machine and a variety of other equipment (dumbells, kettlebells, body weight, TRX). High intensity cardio intervals will be utilized . Appropriate for all fitness levels. ***Located at the Physical Fitness Center gym***

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