Group Fitness Schedule
FORT RUCKER PHYSICAL
FITNESS CENTERS 2017

—Schedule is subject to change—

December

Fitness Programs Coordinator Kendra Pena-Collazo

U.S. ARMY SFA SPORTS · FITNESS · AQUATICS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0600-0700 Indoor Cycling Nicole **0830-0930 Indoor Cycling** Stephanie **0945-1015 Meditation Monday** Stephanie **1000-1100 Intro to Weights and Plates *PFC*** Kristin **1200-100 Absoglutely** Nicole	**1000-1100 Yoga** Jessyka **1030-1130 Hardcore *PFC*** Kristin **1700-1800 Indoor Cycling** Nicole	**0600-0700 Indoor Cycling** Nicole **0830-0930 Indoor Cycling** Stephanie **1000-1100 Intro to Weights and Plates *PFC*** Kristin **1700-1800 T.A.C *PFC*** Kristin **1730-1830 Aqua Zumba *PFC*** Ryan	**1000-1100 Yoga** Jessyka **1030-1130 Hardcore** Kristin *** PFC** **1700-1800 Indoor Cycling** Nicole	**0830-0930 Body Blast** Stephanie **0900-1000 Aqua Zumba** Ryan ***PFC***	**2 DEC 0930-1030** **Strong Bodies** Kris **9 DEC 0900** **Ugly Sweater Run** **16 DEC Indoor Cycling** Nicole

Be successful in 2018. Get help and accountability from one of our expert personal trainers.

Space is limited. Sign up today!

Ugly Sweater 5K & 1 Mile Fun Run
December 9, 2017
Register at any fitness center!

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.

RUCKER GOLD FITNESS
Jump Start
December 6 at 1100
Individuals aged 50+ can learn the basics of posture, Yoga and physical activity in a comfortable environment.
Stay tuned for a whole program launch in January!

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

Check for more information.
https://rucker.armymwr.com/

No Classes after 16 Dec. Happy Holidays!

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

Indoor Cycling- 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.*****

Body Blast- A high energy workout that masterfully combines an easy, yet effective cardiovascular routines with weights and resistance. It's fun, created for all fitness levels and will guaranteed produce the results you are looking for!

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.

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.

Meditation Monday- Meditation (Dhyana) is not always seat! Come practice focusing you awareness inward. Learn to center your mind; balance energy and release stress. Join us a we visit the most peaceful places on earth and discover the benefits of the synchronization of body movements and breath.

Aqua Zumba- Perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine. Aqua Zumba blends the Zumba philosophy with water resistance, for one pool party you shouldn't miss! There is less impact on your joints during an Aqua Zumba. Class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

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