



NEW YEAR NEW YOU LAUNCH

20 January 2017

0900-1200

Take a step in becoming a new you during the New Year with a fantastic way to get your feet wet in innovative program design to help launch yourself into success. This event is that one stop to get a taste of what classes we have to offer. There are three different class types, strength training, cardiovascular conditioning and flexibility training all in one day. Participants will be guided through their programs by certified instructors and personal trainers. Don't forget to bring your passport because attending this event will get you double stamps for each session!

Due to limited space pre-registration is highly recommended. Space is not guaranteed.

Circle one		
SESSION TIME	OPTION A	OPTION B
0900-0945	HIIT	Body Blast
1000-1045	Indoor Cycle	Aqua Zumba
1100-1145	Yoga Flow	Restorative Yoga

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.

Body Blast- A high energy workout that masterfully combines an easy, yet effective cardiovascular routines with weights and resistance. Not only is this fun it is created for all fitness levels and will guaranteed produce the results you are looking for!

HIIT (High Intensity Interval Training)- A total body workout designed to push you to your limits. Classes can include cardio events, functional fitness movement patters, speed tubing, kettlebells, TRX, weights and more. You will work your muscles and heart in this one hour class.

Yoga Flow- 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.

Restorative Yoga- A restorative yoga sequence typically involves only five or six poses, supported by props that allow you to completely relax and rest. Poses are held for an extended time to let the muscle fully release. These restorative poses include light twists, seated forward folds, and gentle backbends.

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.



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RELEASE & HOLD HARMLESS AGREEMENT DEPARTMENT OF MORALE, WELFARE, AND RECREATION

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official, relative to my ability to safely complete the run. I assume all risks associated with running, in this event including, but not limited to, falls, contact with other participants, the effects of the weather (including high heat and/or humidity), traffic, and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Department of Morale, Welfare, and Recreation Fund and the United States Government, from any liabilities or claims arising from my own participation. I agree that I will never prosecute, or in any way aid in prosecuting any demand, claim or suit against the United States Government for and loss, damage or injury to my person or property that may occur from any cause whatsoever as a result of taking part in this activity. I also understand and agree that I may be held liable for any damage or loss to the United States Government that is caused by my gross negligence, willful misconduct or fraud.

Name: _____ Signature: _____ Date: _____
Email: _____ Phone: _____

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Registration forms will be at Fortenberry-Colton Physical Fitness Center and Fort Rucker Physical Fitness Center.

Please choose one class	
1. _____ HIIT	_____ Body Blast
2. _____ Indoor Cycling	_____ Aqua Zumba
3. _____ Yoga Flow	_____ Restorative Yoga

Fee: Pre-registration fee is \$10 by January 15th. January 16th and up to event day, entry fee is \$15.

Location: Fort Rucker Physical Fitness Center Bldg 4605, Andrews Ave, Fort Rucker, AL

Questions:

Please call the Fitness Coordinator at 255-1951 or email: kendra.d.santospena-collazo.naf@mail.mil