

Group Fitness Schedule
FORT RUCKER PHYSICAL
FITNESS CENTERS 2018

—Schedule is subject to change—

February



No class President's Day 19 February

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0600-0700 Indoor Cycling 0830-0930 Indoor Cycling 0945-1045 Yoga 1200-1300 Absoglutely 1700-1800 Yoga 1815-1915 HIIT	1000-1100 Yoga** 1700-1800 Indoor Cycling **February Freebie- No Cost!	0600-0700 Indoor Cycling 0830-0930 Indoor Cycling 0945-1045 Yoga 1700-1800 HIIT 1730-1830 Aqua Zumba *PFC 1815-1915 Yoga	1000-1100 Yoga** 1700-1800 Indoor Cycling **February Freebie- No Cost!	0830-0945 Strength and Cycle 0900-1000 Aqua Zumba *PFC	3 Feb 0830-0930 HIIT *PFC 10 Feb 0830-0930 Indoor Cycling 24 Feb 0830-0930 Strong Bodies

BATTLE AT THE BARBELL:

POWERLIFTING COMPETITION



For more information, please contact the Fort Rucker PFC at (334)255-2296, or the Fortenberry-Colton PFC at (334)255-3794.

Bessie Coleman Run Fortenberry-Colton February 15, 2018 0600-0700



This 2 Mile Fun Run is in honor of the first female African-American pilot, Bessie Coleman. It is open to all units and families. No registration necessary. For more information, call (334)255-2296.

We appreciate feedback
Please feel free to submit an Interactive Customer Evaluation (ICE)
Comment for our Fitness Programs.

Check for more information. <https://ice.disa.mil>

PERSONAL TRAINING

\$25 PER HOUR*
\$12.50 PER 1/2 HOUR*

Be successful in 2018. Get help and accountability from one of our certified personal trainers. Simply complete a packet at the front desk and get started.

Sign up today!

***Price Increase 1MAR**
\$30 Per 60 minute session

Hours of Operation
Ft. Rucker PFC & Fortenberry-Colton PFC
Mon-Fri 0500-2000
Sat- 0800-1700
Sun -0900-1700

Our Mission:

The Fort Rucker Fitness Program 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 strength, cardiovascular conditioning, flexibility training, and a body/mind awareness. We believe in promoting general health of the individual on a personal level with all the components to make your workout a more effective and enjoyable experience.

Class Descriptions

Indoor Cycling– Make your fitness goals a reality, with no complicated moves to learn in a motivating group environment with 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. Appropriate for ALL fitness levels. **If this is your first time, please come at least 15 minutes early for proper bike set up.**

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 and movements. Increase strength, flexibility, and muscle tone. Try it because you are curious, stick with it because you are enlightened.

Meditation Yoga- Meditation (Dhyana) is not always seated! Come practice focusing your awareness inward. Learn to center your mind; balance energy and release stress. Join us as 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! Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

Absolutely– A lower body and core workout that includes weights and cardio to tighten and build a common problem areas. This class is a high energy, fun way to work the "last to be seen" area.

Strength and Cycle– Grab some weights and blast through a workout designed to keep you burning calories all day. Torching even more calories on a bike to make fat cells cry. Class is designed to be effective, safe and fun for all fitness. **If this is your first time, please come at least 15 minutes early for proper bike set up.**

HIIT (High Intensity Interval Training)- A form of interval training, alternating short periods of intense anaerobic exercise with less intense recovery periods. Classes can include cardio, functional fitness movements and speed movement patterns, using kettlebells, TRX, weights and more. *Located at the Physical Fitness Center gym*

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 a fitness levels.

A water bottle is strongly recommended for each class.

Units may request a private PT session with an instructor. Please contact the Fitness Coordinator at 335-255-1951 for details.

Class Fees

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

For safety reasons children under the age of 13 are not permitted to attend fitness classes as a participant or spectator (AR215-1)

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 05:30, by calling in a reservation or by coming into the facility. You must check in at the front desk at least 10 minutes prior to your class or you will forfeit your reservation. Call 334.255.3794