

FORT RUCKER
Group Fitness Schedule
2018

May



—Schedule is subject to change—

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0830-0930 Indoor Cycling Nicole	1000-1100 Yoga Tara	0830-0930 Strong Bodies *No Class 2 May* Babs	1000-1100 Sculpt Yoga Tara	0900-1000 Aqua Zumba * No class 4 May* * *PFC* Ryan	5 May 0830-0930 Strong Bodies Kris
0945-1045 Yoga Helaine	1200-1245 CSI *PFC* Babs	0945-1045 Yoga Helaine			12 May No Classes Ft. Rucker 10 Mile Run of & Team Relay
1200-1300 AbsoGlutely Babs	1700-1800 Indoor Cycling Nicole	1700-1800 HIIT Helaine	1700-1800 Yoga Tara		19 May 0830-0930 TRX HITT *PFC* Helaine
1700-1800 Yoga Jessyka	1815-1915 Sculpt Yoga Tara	1730-1830 Aqua Zumba *PFC* Ryan			
		1815-1915 Yoga Helaine			
NO CLASSES MAY 28	** NO CLASSES MAY 1ST**		**NO CLASSES MAY 3RD**	**NO CLASSES MAY 25**	**NO CLASSES 26 MAY**

STRONG B.A.N.D.S.

5 May Story Walk (Beaver Lake)
0900-1000

12 May Fort Rucker 10 Mile Run off & Team Relay (PFC)
0700

19 May Day at the Lake (West Beach)
1100-1600

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>

Fort Rucker 10 Mile Run Off and Team Relay

Fort Rucker Physical Fitness Center

May 12th 2018

Race Begins at 0700

Register at either fitness center

Bored of PT?

Want to try something new?
Schedule a private Indoor Cycling or Yoga class with one of our certified instructors.

Cost is \$1 per person in PT uniform

minimum of 12 to reserve

CHECK OUT OUR NEW LUNCH TIME CLASSES!!!!!!

Our Mission: The Fort Rucker Fitness Program is dedicated to serving the needs of our patrons by providing professional instruction, during safe, effective, well balanced and fun workouts. We strive to offer a variety of classes that focus on strength, cardiovascular conditioning, flexibility training, and mind/body awareness. We believe in promoting the general health of an 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!! There are no complicated moves to learn and there is a motivating group environment with music that begs your legs to pedal. You'll get a heart pounding, 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.**

CSI (cardio, strength, intervals)– Tone, build, and strengthen your muscles and heart in the same class. A great workout with intervals of cardio to keep your heart rate increased to a level fit for you.

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, which integrates mind, body, breath and awareness through body postures and movements. Increase your strength, flexibility, and muscle tone. Try it because you are curious, stick with it because you are enlightened.

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.

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

Sculpt yoga– Be prepared for a fun, upbeat, work your body strong class! Transforming traditional yoga postures into a practice with a twist, using light weight to tone your whole body and build long lean muscle while challenging your body and mind. No two classes are alike so come back again and again and watch your body change.

HIIT (high intensity interval training)– A form of interval training that alternates 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, Body Bars, and Resist-a-Balls. Appropriate for all 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.

Physical Fitness Center

Monday - Friday
0500-2000

Saturday
0800 - 1700

Sunday
0900 - 1700

Class Fees

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

\$30 per month
(unlimited classes)

Fortenberry-Colton Fitness Center

Monday - Friday
0500-2000

Saturday
0800 - 1700

Sunday
0900 - 1700

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.