FORT RUCKER
Group Fitness Schedule
2018

July

U.S. ARMY SFA
SPORTS • FITNESS • AQUATICS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0600-0700 PT Cycle or Yoga ****RESERVATION ONLY**** **1200-1300 AbsoGlutely** Babs **1700-1800 Yoga** Helaine **1815-1915 Cycle & Strength** Helaine **1730-1830 Aqua Zumba** Ryan **Splash**	**0600-0700 PT Cycle or Yoga** ****RESERVATION ONLY**** **1100-1145 Ultimate Condi-tioning** Babs *PFC* **1200-1245 CSI** Babs *PFC* **1700-1800 Indoor Cycling** Nicole	**0600-0700 PT Cycle or Yoga** ****RESERVATION ONLY**** **1130-1200 Ab Lab** *PFC* Babs **1215-1245 Tabata** *PFC* Babs **1700-1800 HIIT** Helaine **1815-1915 Yoga** Helaine	**0600-0700 PT Cycle or Yoga** ****RESERVATION ONLY**** **1100-1200 HITT** Babs **1200-1300 StrongBodies** Babs **1500-1600 TRX HIIT** Helaine **1730-1830 Aqua Zumba** Ryan **Splash**	**0600-0700 PT Cycle or Yoga** ****RESERVATION ONLY****	**7 JULY NO CLASS** **14 JULY** **0830-0930 TRX HIIT** **Helaine** **21 JULY** **0830-0930 Ultimate Condi-tioning** Babs **28 JULY** **0830-0930 Strong Bodies** Kris

No Group Fitness Classes on July 4-7 in observance of Independence Day!

****PT Cycle or Yoga can be reserved by emailing:**
Nicole.R.Crowley4.naf@mail.mil
Cost is $1 per person in PT uniform a minimum of 12 people is required for reservation **

Fort Rucker Color Run Coming August 25th

Class descriptions and prices can be found on the back of the schedule

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.**

Ab Lab– Define your waistline and increase your core stability with this effective 30 minute abdominal and back workout.

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.

Cycle & Strength– combines regular indoor cycling class with strength training for an all over workout.

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.

Ultimate Conditioning– combines weightlifting, cardio and functional lifting. The domains of this class include cardiovascular/respiratory endurance, stamina, strength, flexibility, power spend agility, balance, coordination and accuracy. Make time fly with this intense workout while having fun.

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.

Tabata- interval training is one of the most effective types of high intensity interval training. Through a variety of simple, yet intense exercises, each class will blast the calories and provide noticeable results in a short amount of time. Whether your goal is muscle tone, weight loss, or both, this class will provide what you are looking for.

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 334-255-1951 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.