

FORT RUCKER
Group Fitness Schedule
2018

September

PFC/FBC Hours
M-F 0500-2000
Sat 0800-1700
Sun 0900-1700



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0600-0700 PT Cycle or Yoga **RESERVATION ONLY** 0830-0930 Spinning Aimee 0945-1045 Yogalates Jamy 1200-1300 AbsoGlutely Babs 1700-1800 Pure Strength Kris 1815-1915 Yoga Flow Brandy	0600-0700 PT Cycle or Yoga **RESERVATION ONLY** 0900-1000 Yoga Flow Brandy 0900-1000 Aqua Zumba *PFC* *No Class 11 Sept* Ryan 1100-1145 Ultimate Conditioning *PFC* Babs 1200-1245 CSI *PFC* Babs 1700-1800 StrongBodies Babs	0600-0700 PT Cycle or Yoga **RESERVATION ONLY** 0830-0930 Strong Bodies Aimee 0945-1045 Yogalates Jamy 1130-1200 Ab Lab *PFC* Babs 1200-1245 Tabata *PFC* Babs 1700-1800 Super Circuits Lindsay 1815-1915 Mat Pilates Brandy	0600-0700 PT Cycle or Yoga **RESERVATION ONLY** 0900-1000 Yoga Flow Brandy 0900-1000 Aqua Zumba *PFC* *No Class 13 Sept* Ryan 1100-1145 Tabata *PFC* Babs 1200-1300 StrongBodies Babs 1700-1800 Strong Bodies Emily	0600-0700 PT Cycle or Yoga **RESERVATION ONLY** 0830-0930 Spinning & Core Aimee 1000-1100 Prenatal Yoga Jamy 1200-1300 MetCon *PFC* Babs	8 Sept 0830-0930 Mat Pilates Brandy 15 Sept 0830-0930 MetCon *PFC* Babs 22 Sept 0830-0930 Strength/HIIT Kris 29 Sept Battle of Mogadishu Memorial Run



Battle Of Mogadishu Memorial Run
29 Sept
Fort Rucker Festival Fields
0900



Sign Up Now!!!!
Report Date 10 Sept– 19 Oct
0830-0945 M, W, F

Welcome our new instructors,
Emily, Jamy, Lindsay, Brandy
& Welcome Back Aimee!!!!

CHECK OUT THE NEW FITNESS
CLASSES!!!!

Our Mission: The Fort Rucker Fitness Program is dedicated to serving the needs of our patrons by providing professional instruction, during a 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

Spinning®–Begin to make your fitness goals a reality, with no complicated movements 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 wither interval, endurance, strength or Race Day rides. Appropriate for all fitness levels **Water bottle is required for class! **If this is your first time, please come at least 10 minutes early for proper bike set up.****

Super Circuits– This class is full of high intensity circuits designed to push you past your limits and supercharge your metabolism by increasing your strength and endurance. We fuse strength, speed and power into highly functional training.

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.

AbLab– 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.

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.

Pure Strength–Build strength, add definition, increase bone density and decrease body fat by INCREASING lean muscle. Research has proven that by adding lean muscle to the body you can speed up your metabolism and burn more calories working out and at rest.

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 in tense 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.

Yogalates–A fusion of (flow) yoga and mat Pilates. Think core strength plus flexibility. Emphasis on strengthening the core (i.e. abdominals, back, hips, glutes) using classical mat Pilates exercises followed by yoga poses to increase flexibility.

Flow Yoga– Also known as vinyasa (flow) yoga. A series of poses performed sequentially on one side and then repeated on the other side. Movement is synchronized with the breath. Between each side, the student performs a mini-sequence called a "vinyasa". A vinyasa is string of 4 poses: straight arm plank (high push up), chaturanga (low push up position), a back bend (upward facing dog or cobra), and, finally, downward facing dog. Usually very sweaty and can be performed at a fast or slow pace.

Metcon- (short for metabolic conditioning) is a high intensity, full body CrossFit-style workout which is designed to train stamina, endurance and conditioning. Combining functional movement patterns and weight lifting techniques with short rest periods in between work intervals, Metcon is extremely effective for fat loss and improving fitness. Specially adapted for the studio environment, this class is scalable to suit all levels and is highly recommended for anyone who is serious about their fitness.

Mat pilates- involves performing **pilates** exercises on the floor using a **pilates**, or yoga **mat**. ... **Mat pilates** is done on the floor using an exercise or yoga mat, which employs controlled breathing during body weight resisted movement to build core strength.

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.

Children are not permitted to attend fitness classes as a participant or spectator under the age of 13.

We apologize for the inconvenience.

Class Fees

\$3.50 per class

**\$15 for 2 weeks
(unlimited classes)**

**\$30 per month
(unlimited classes)**

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