

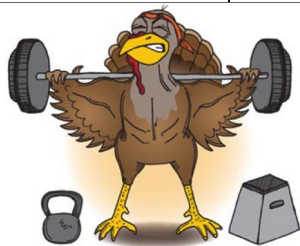
FORT RUCKER GROUP FITNESS SCHEDULE 2018

NOVEMBER

PFC / FBC HOURS
M-F 0500-2100
SAT 0800-1800
SUN 0800-1800



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0600-0700 PT Spinning or Yoga **RESERVATION ONLY**	0600-0700 PT Spinning or Yoga **RESERVATION ONLY**	0600-0700 PT Spinning or Yoga **RESERVATION ONLY**	0600-0700 PT Spinning or Yoga **RESERVATION ONLY**	0600-0700 PT Spinning or Yoga **RESERVATION ONLY**	3 Nov 0830-0930 HIIT Circuits Lindsay
0830-0930 Spinning Aimee	0830-0930 Boot Camp 2.0 *PFC Track* Stephanie	0830-0930 Strong Bodies Aimee	0830-0930 Boot Camp 2.0 *PFC track* Stephanie	0830-0930 Fit Mama *PFC Track* Stephanie	
0945-1045 Step Aerobics Emily	0900-1000 Yoga Flow Brandy	0945-1045 Step Aerobics Emily	0900-1000 Aqua Zumba *PFC Indoor Pool* Ryan	0830-0945 Spinning & Core Aimee	10 Nov No Group Fitness Classes
1200-1300 AbsoGlutely Babs	0900-1000 Aqua Zumba *PFC Indoor Pool* Ryan	1130-1200 Ab Lab *PFC* Babs	0900-1000 Yoga Flow Brandy		
1700-1800 Pure Strength Kris	1000-1100 Group Instructional *PFC* Instructors Choice	1200-1245 Tabata *PFC* Babs	1015-1115 	1200-1300 MetCon Lindsay	17 Nov 0900 Timeless Turkey 5K *PFC*
1815-1915 Yoga Flow Brandy	1200-1245 CSI *PFC* Babs	1700-1800 Super Circuits Lindsay	1200-1300 Ultimate Condition- ing *PFC* Lindsay		
	1700-1800 Strong Bodies Emily	1730-1830 Indoor Cycle Brandy	1700-1800 Strong Bodies Emily		24 Nov Enjoy your Thanksgiving No Group Fitness Classes
NO GROUP FITNESS CLASSES NOV 10-12 & 22-25					



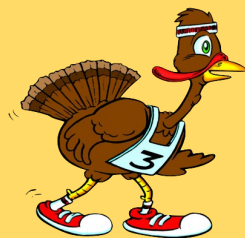
Turkey Burn

Wednesday, November 28th

0800-1200 & 1600-2000

Sign up at FBC

Cost is \$3.50 or group fitness card



Timeless Turkey Prediction Run Saturday

November 17th 0900

Timeless Turkey prediction run/walk is a guess your time fun run! Run as fast or slow as you want or even walk or crawl. Its about predicting your time!!!

Group Instructional

A class with a personal trainer learning one exercise technique per class. Take the time to learn what muscle group an exercise works, how to perform that exercise correctly with superior form and technique. Learn a new exercise for the first time or have your form checked for tips and advice. Each week will be a different exercise, technique or machine .

Tuesdays in November 1000

Limited Space Sign Up at PFC

11/6 Cardio

11/ 13 Legs & Core

heart rate device recommend

11/20 Olympic Lifting

11/27 Chest & Shoulders

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

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 with 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.

Boot Camp 2.0— your cardiovascular and muscular fitness will be challenged in this class which will incorporate calisthenics, free weights, plyometrics and an assortment of equipment for a variety of exercises. This class will be held outside rain or shine. ****please bring water & mat****

Fit Mama— this class will be held on the PT track you will do interval walks and runs and perform other exercises using weights and bands. Little ones are welcome but must remain in the stroller. ***please bring a mat***

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 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.

Step Aerobics - a low impact cardio class, uses the step bench with adjustable height. Body sculpting incorporates dumbbells, elastic tubing, Body Bars and resist-a-balls, to engage all major muscle groups and promote muscular strength and endurance.

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., which employs controlled breathing during body weight resisted movement to build core strength.



—combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. Choreography is designed to uplifting music. PiYO is a fat-burning, high intensity, low-impact workout.

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 Nicole.r.crowley4.naf@mail.mil for reservations

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 0530, 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.