

FORT RUCKER
GROUP FITNESS SCHEDULE
2019

MARCH

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



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0600-0700 PT Group Fitness **RESERVATION ONLY** 0830-0945  & Core Aimee 0830-0930 Boot Camp 2.0 *PFC* Stephanie 1200-1300 AbsoGlutely Babs 1700-1800 Pure Strength Kris	0600-0700 PT Group Fitness **RESERVATION ONLY** 0900-1000 Yoga Flow Brandy 1200-1245 CSI *PFC* Babs 1700-1800 Strong Bodies Lindsay	0600-0700 PT Group Fitness **RESERVATION ONLY** 0830-0930 Boot Camp 2.0 *PFC* Stephanie 1200-1300 Tabata Babs 1815-1915 Yoga Flow Brandy	0600-0700 PT Group Fitness **RESERVATION ONLY** 0900-1000 Yoga Flow Brandy 1200-1300 Ultimate Conditioning *PFC* Lindsay 1700-1800  Aimee *no class Spinning on 21 Mar	0600-0700 PT Group Fitness **RESERVATION ONLY** 0830-0930 Boot Camp 2.0 *PFC* Stephanie 1200-1300 MetCon *PFC* Lindsay March 21st Fitness Challenge 1730-1930  ZUMBA STEP	0830-0930 2 March Pure Strength Kris 0830-0930 9 March PiYO Brandy 0830-0930 March 23 Boot Camp 2.0 *PFC* Stephanie 0830-0930 March 30 CSI *PFC* Babs

ATTENTION!!!

New Group Fitness
Cards

Class Fee \$3.50

Blue Card
10 Classes \$15

Yellow Card
20 Classes \$30

*Classes in **BLACK** are held at
Fortenberry-Colton Physical Fitness Center

*Classes in **RED** are held at

Shamrock Shuffle 5k/10K



March 16th 2019

0900 @ PFC



Registration forms can be picked up at either

Fortenberry -Colton PFC or Fort Rucker PFC

Packet pick up March 15th 1500-1900 @ FBC

Aqua Zumba®

March 5th

@ 0900

FAT TUESDAY
Mardi Gras!

**Bring your beads
and masks!**



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

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.****

Boot Camp 2.0— your cardiovascular and muscular fitness will be challenged in this class which will incorporate calisthenics, free weights, plyometric and an assortment of equipment for a variety of exercises. ****please bring water**

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.

Yoga Flow 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 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.



—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 10 Punches
(10 classes)**

**\$30 for 20 Punches
(20 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.