








# MAY GROUP FITNESS



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>FBC Staffed Hours:</b> M (0500-2000) T-F (0500-1000) (1500-2000)	*Interested in being an instructor or Personal Trainer? *  Ask for details		Class Fee is <b>\$4</b> per session		1 Yoga Flow: 0600-0700 Sam	2 
3 	4 Zumba: 1800-1900 Cassie	5 T&M: 0830-0930 Cassie  HIIT Cycling: 1800-1845 Mya	6 Sculpt: 1700-1745 Sam  Spin: 1830-1930 Cassie	7 Spin: 0600 – 0700 Sarah  Cardio Lift: 1800-1900 Cassie	8 Yoga Flow: 0600-0700 Sam	9 Sculpt: 0930-1015 Sam
10 	11 Zumba: 1800-1900 Cassie	12 T&M: 0830-0930 Cassie  HIIT Cycling: 1800-1845 Mya	13 Sculpt: 1700-1745 Sam  Spin: 1830-1930 Cassie	14 Spin: 0600 – 0700 Sarah  Sculpt: 1800-1900 Sam	15 Yoga Flow: 0600-0700 Sam	16 
17	18 Zumba: 1800-1900 Cassie	19 T&M: 0830-0930 Cassie  HIIT Cycling: 1800-1845 Mya	20 Sculpt: 1700-1745 Sam  Spin: 1830-1930 Cassie	21 Spin: 0600 – 0700 Sarah  Cardio Lift: 1800-1900 Cassie	22 NO CLASS	23 NO CLASS
24 	25 HAPPY MEMORIAL DAY!  NO GROUP FITNESS	26 T&M: 0830-0930 Cassie  HIIT Cycling: 1800-1845 Mya	27 Sculpt: 1700-1745 Sam  Spin: 1830-1930 Cassie	28 Spin: 0600 – 0700 Sarah  Cardio Lift: 1800-1900 Cassie	29 Yoga Flow: 0600-0700 Sam	30 Sculpt: 0930-1015 Sam  31

### 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

- **SPIN** – Begin making your fitness goals a reality with uncomplicated movements to learn. Spin provides 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 Interval, Endurance, Strength or Race Day rides. Appropriate for all fitness levels.
- **ZUMBA** – Dance fitness classes that are fun, energetic, and make you feel amazing. We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party!
- **YOGA FLOW**– Make a mind body and soul connection through the practice of yoga flow, focusing on seamless transitions between poses, integrating breath with movement to create a meditative experience.
- **TONING & MOBILITY (T&M)** – A fitness class that focuses on strengthening and toning muscles throughout the body. This includes a combination of cardio, light weights, bands, steps, range of motion, flexibility, breath work, core strength and mobility exercises.
- **SCULPT** – A high energy dynamic and engaging workout that combines elements of strength training, yoga, and cardio. It typically includes a mix of light weights and bodyweight movements, targeting multiple muscle groups to achieve a toned and defined physique. The format is designed to be accessible to all fitness levels, with a focus on low-impact movements that are gentle on the joints.
- **HIIT CYCLING**: A high energy, rhythm-driven cycling class combining resistance, intervals, and choreographed movement. Ride to the beat, challenge your limits, and leave stronger than you came.
- **CARDIO LIFT**: Cardio segments combined with strength training. 5-15+ pound weights or bands to focus on endurance and muscle definition. The class is designed to improve functional movements, boost metabolism, and strengthen bones.

### Class Policies & Procedures

- All classes are held in the group fitness room at Fortenberry-Colton Physical Fitness Center. *Schedule is subject to change.*
- *Weekend classes require 24/7 access- must sign up in advance at FBC during staffed hours.*
- Each class is \$4.00, and no pre-registration is required.
- Children *under the age of 13* are not permitted to attend any fitness classes as a participant or spectator. They are prohibited from utilizing the fitness facility and may not be left unsupervised.
- Active-duty units may request a private PT session with an instructor. E-mail reservation requests to [Samantha.I.brisbois.naf@army.mil](mailto:Samantha.I.brisbois.naf@army.mil)

### Address & Hours

<b>Fortenberry-Colton Physical Fitness Center (FBC)</b> BLDG 5900 Skychief St, Fort Rucker, AL 36362 (334) 255-3794 Staffed hours: M 0500-2000 / T-F 0500-1000 & 1500-2000	<b>Fort Rucker Physical Fitness Center (PFC)</b> 4605 Andrews Ave, Fort Rucker, AL 36362 (334) 255-2296 Hours: M-F 0500-2000 / S-S 0800-1800
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