



\$4 per class

Fortenberry-Colton Physical Fitness Center
5900 Skychief Bldg, Fort Rucker, AL 36362



September 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 Toning: Cassie 0830-0930 HIIT Cycle: Mya 1800-1845	2 Sculpt: Sam 1715-1800 Spin: Cassie 1815-1915	3 Spin: Cassie 0830-0930 Yoga Flow: Sam 1200-1300 Strength Training: Leslie 1800-1900	4 DONSA No Class	5 Holiday Weekend No Class	6
7 Labor Day No Class	8 Toning: Cassie 0830-0930 HIIT Cycle: Mya 1800-1845	9 Sculpt: Sam 1715-1800 Spin: Cassie 1815-1915	10 Spin: Cassie 0830-0930 Yoga Flow: Sam 1200-1300 Strength Training: Leslie 1800-1900	11 HIIT Cycle: Mya 0830-0915 Zumba: Heather 1200-1245	12 Zumba Event - Breast Cancer Awareness 0900-1100	13
14 Turn Up: Katy 0830-0930 Zumba: Cassie 1800-1900	15 Hatha Yoga: James 0600-0700 Toning: Cassie 0830-0930 HIIT Cycle: Mya 1800-1845	16 Sculpt: Sam 1715-1800 Spin: Cassie 1815-1915	17 Spin: Cassie 0830-0930 Yoga Flow: Sam 1200-1300 Strength Training: Leslie 1800-1900	18 HIIT Cycle: Mya 0830-0915 Zumba: Heather 1200-1245	19 HIIT Cycle: Mya 0930-1015	20
21 Turn Up: Katy 0830-0930 Zumba: Cassie 1800-1900	22 Hatha Yoga: James 0600-0700 Toning: Cassie 0830-0930 HIIT Cycle: Mya 1800-1845	23 Sculpt: Sam 1715-1800 Spin: Cassie 1815-1915	24 Spin: Cassie 0830-0930 Yoga Flow: Sam 1200-1300 Strength Training: Leslie 1800-1900	25 HIIT Cycle: Mya 0830-0915 Zumba: Heather 1200-1245	26 Turn Up: Katy 0930-1030	27
28 Turn Up: Katy 0830-0930 Zumba: Cassie 1800-1900	29 Hatha Yoga: James 0600-0700 Toning: Cassie 0830-0930 HIIT Cycle: Mya 1800-1845	30 Sculpt: Sam 1715-1800 Spin: Cassie 1815-1915				



STAFF HOURS: Monday **(0500-2000)**
Tuesday – Friday **(0500-1000) & (1500-2000)**



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** – 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.
- **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.
- **TURN UP-** Ready for your workout to be the best part of your week? Turn up is a HIIT-style dance class that combines empowering choreography with some of your favorite booty-shaking songs! Designed to build confidence, endurance, and strength, and leave you feeling like your best self. All fitness and dance levels welcome.
- **HATHA YOGA** – Hatha Yoga is a slower-paced practice that focuses on foundational yoga postures, breathing techniques, and mindful movement. Designed to improve flexibility, balance, strength, and mobility, this class encourages proper alignment while promoting relaxation and stress relief. Suitable for all experience levels, Hatha Yoga provides a welcoming environment to build confidence, enhance body awareness, and leave feeling refreshed and restored.
- **STRENGTH TRAINING** – Build total-body strength with a combination of barbells, dumbbells, and functional resistance exercises designed to improve muscular strength, endurance, and overall fitness. This class focuses on proper lifting technique, controlled movements, and progressive overload to help you safely increase strength over time. Exercises can be modified for all fitness levels, making it a great option for both beginners and experienced lifters.

Class Policies & Procedures

All classes are held in the group fitness room at Fortenberry-Colton Physical Fitness Center.

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.l.brisbois.naf@army.mil.