



NOVEMBER GROUP FITNESS CLASSES



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
All Group Fitness Classes are located at Fortenberry-Colton Physical Center						1 Toning & Mobility: 0900-1000 Cassie
2	3 Zumba: 1800-1900 Cassie	4 Toning & Mobility: 0830-0930 Cassie Hip Hop: 1830-1930 Corrina	5 Strength Boot Camp: 0900-100 Carolyn Spin: 1800-1900 Cassie	6 Spin: 0600-0700 Sarah Yoga: 0900-1000 Lauren Toning & Mobility: 1800-1900 Cassie	7 Spin: 0900-1000 Cassie	8 Spin: 0900-1000 Cassie
9	10 DONSA	11 VETERANS DAY	12 Strength Boot Camp: 0900-100 Carolyn Spin: 1800-1900 Cassie	13 Spin: 0600-0700 Sarah Yoga: 0900-1000 Lauren Toning & Mobility: 1800-1900 Cassie	14 Spin: 0900-1000 Cassie	15
16	17 Zumba: 1800-1900 Cassie	18 Toning & Mobility: 0830-0930 Cassie Hip Hop: 1830-1930 Corrina	19 Strength Boot Camp: 0900-100 Carolyn Spin: 1800-1900 Cassie	20 Spin: 0600-0700 Sarah Yoga: 0900-1000 Lauren Toning & Mobility: 1800-1900 Cassie	21 Spin: 0900-1000 Cassie	22 
23 FBC Staffed Hours: M 0500-2000 T-F 0500-1000 1500-2000 30	24 Zumba: 1800-1900 Cassie	25 Toning & Mobility: 0830-0930 Cassie Hip Hop: 1830-1930 Corrina	26	27 THANKSGIVING	28 DONSA	29

Our Mission

The Fort Novosel 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 making your fitness goals a reality with uncomplicated movements to learn. Spinning 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** – 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. Can be performed at a fast or slow pace.
- **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.
- **STRENGTH TRAINING** – Join us for a dynamic 45-minute weight training class that will energize your body and mind! In this fun yet challenging workout, we'll target each major muscle group with high repetitions and moderate weights, perfect for building strength and promoting hypertrophy. Get ready to pump it up as we power through our routines to upbeat, energetic music that keeps the vibe high and our focus sharp. Whether you're a seasoned pro or just starting out, this class promises to leave you feeling accomplished and ready for more!
- **XTREME HIP HOP** – Xtreme Hip Hop is a high-energy cardio and step aerobics class that uses hip hop music. It's a modern take on traditional step aerobics. Benefits include burning calories, strengthen cardiovascular abilities, strengthen lower body, and relieve stress.

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 jillian.n.skilbred.naf@army.mil

Address & Hours

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