

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---|--|--|--|--|
| <p>FBC Staffed Hours: M (0500-2000) T-F (0500-1000) (1500-2000)</p> <p>NO STAFF (6/24-6/27)</p> | <p>1 Zumba: 1800-1900 Cassie</p> | <p>2 Toning: 0830-0930 Cassie</p> <p>HIIT Cycling: 1800-1845 Mya</p> | <p>3 Sculpt: 1700-1745 Sam</p> <p>Spin: 1815-1915 Cassie</p> | <p>4 Cardio Lift: 1800-1900 Cassie</p> | <p>5 Yoga Flow: 0600-0700 Sam</p> | <p>6 Sculpt: 0930-1015 Sam</p> <p>HIIT Cycling: 1045-1130 Mya</p> |
| 7 | <p>8 Zumba: 1800-1900 Cassie</p> | <p>9 Yoga Flow: 0830-0930 Sam (Sub)</p> <p>HIIT Cycling: 1800-1845 Mya</p> | <p>10 Sculpt: 1700-1745 Sam</p> <p>Spin: 1815-1915 Cassie</p> | <p>11 Cardio Lift: 1800-1900 Cassie</p> | <p>12 Yoga Flow: 0600-0700 Sam</p> | <p>13 Sculpt: 0930-1015 Sam</p> <p>HIIT Cycling: 1045-1130 Mya</p> |
| <p>14</p> <p>Class Fee is \$4 per session</p> | <p>15 Turn Up: 0900-1000 Katy</p> <p>Zumba: 1800-1900 Cassie</p> | <p>16 Yoga Flow: 0830-0930 Sam (Sub)</p> <p>HIIT Cycling: 1800-1845 Mya</p> | <p>17 Sculpt: 1700-1745 Sam</p> <p>HIIT Cycling: 1815-1900 Mya (Sub)</p> | <p>18 Sculpt: 1800-1845 Sam (Sub)</p> | <p>19 NO CLASS</p> <p>JUNETEENTH NATIONAL INDEPENDENCE DAY</p> | <p>20 Sculpt: 0930-1015 Sam</p> |
| 21 | <p>22 Zumba: 1800-1900 Cassie</p> | <p>23 Toning: 0830-0930 Cassie</p> <p>HIIT Cycling: 1800-1845 Mya</p> | 24 NO CLASS | 25 NO CLASS | <p>26 NO CLASS</p>  | 27 NO CLASS |
| <p>28</p> <p>*Interested in teaching group fitness or personal training? *</p> <p>Ask for details</p> | <p>29 Zumba: 1800-1900 Cassie</p> <p>Turn Up: 0900-1000 Katy</p> | <p>30 Toning: 0830-0930 Cassie</p> <p>HIIT Cycling: 1800-1845 Mya</p> |  | | |  |



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.
- **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.

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

Address & Hours

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