



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



\$4 per class M-F
Free on Saturday's

July 2026

(334)-255-3794

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Sculpt: 1715-1800 Sam Spin: 1815-1915 Cassie	2 Yoga Flow: 1200-1300 Sam Cardio Lift: 1800-1900 Cassie	3 Observed Holiday No Class	4 4 th of July No Class
5	6 DONSA NO CLASS	7 Toning: 0830-0930 Cassie HIIT Cycle : 1800-1845 Mya	8 Sculpt: 1715-1800 Sam Spin: 1815-1915 Cassie	9 Yoga Flow: 1200-1300 Sam Cardio Lift: 1800-1900 Cassie	10 Yoga Flow: 0600-0700 Sam	11 Sculpt: 0930-1015 Sam
12	13 Turn Up: 0830-0930 Katy Turn Up: 1800-1900 Katy (sub)	14 Yoga Flow: 0830-0930 Sam (sub) HIIT Cycle : 1800-1845 Mya	15 Sculpt: 1715-1800 Sam HIIT Cycle : 1815-1900 Mya (sub)	16 Yoga Flow: 1200-1300 Sam Sculpt: 1800-1900 Sam (sub)	17 Yoga Flow: 0600-0700 Sam	18 Turn Up: 0930-1030 Katy
19	20 Turn Up: 0830-0930 Katy Zumba: 1800-1900 Cassie	21 Toning: 0830-0930 Cassie HIIT Cycle : 1800-1845 Mya	22 Sculpt: 1715-1800 Sam Spin: 1815-1915 Cassie	23 Yoga Flow: 1200-1300 Sam Cardio Lift: 1800-1900 Cassie	24 Yoga Flow: 0600-0700 Sam	25 Sunrise Yoga Event Lake Tholocco East Beach Lodge Deck: 0600-0700
26	27 Turn Up: 0830-0930 Katy Zumba: 1800-1900 Cassie	28 Toning: 0830-0930 Cassie HIIT Cycle : 1800-1845 Mya	29 Sculpt: 1715-1800 Sam Spin: 1815-1915 Cassie	30 Yoga Flow: 1200-1300 Sam Cardio Lift: 1800-1900 Cassie	31 Yoga Flow: 0600-0700 Sam	



Staff on Site: Monday **(0500-2000)** Tuesday – Friday **(0500-1000) & (1500-2000)**

No Staff: 7/3-7/6



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.

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.