

OCTOBER FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LANDSTUHL PHYSICAL FITNESSCENTER Mon-Fri: 5:30 am-9 pm Sat-Sun: 10 am-4:30 pm Bldg. 3720/3722 486-7172 06371-86-7172				
Spin 6-6:45 am (Naye-Ili) last class 12 Oct.		Spin 6-6:45 am (Naye-Ili)		Spin 6-6:45 pm (Nicol)
		Mixed Level Yoga 8:30-9:30 am (Dana)		
Spin 12-12:45 pm (Dana)	Vinyasa Yoga 11:45 am-12:45 pm (Melissa)	Spin 12-12:45 pm (Dana)	Total Body Conditioning 12-12:45 pm (Melanie)	Mixed Level Yoga 12-12:45 pm (Dana)
Mixed Level Yoga 5:30-6:30 pm (Angela)	Zumba 6-7 pm (Ariana)		Zumba 6-7 pm (Ariana)	
KLEBER PHYSICAL FITNESS CENTER Mon-Fri: 5:30 am-9 pm Sat-Sun: 10 am-4:30 pm Bldg. 3234/3235 483-7610/7549				
NEW Yoga for Soldiers 6:30-7:30 am (Tony)				NEW Yoga for Soldiers 6:30-7:30 am (Tony)
	Mixed Level Yoga 12:15-1 pm (Jana/		Mixed Level Yoga 12:15-1 pm (Leslie)	
SEMBACH PHYSICAL FITNESS CENTER Mon-Fri: 5:30 am-9 pm Sat-Sun: 10 am-4:30 pm Bldg. 105 541-9204				
	Spin 6:15-7:00 am (Jessica)	Mixed Level Yoga 9-10 am (Tara)	Spin 6:15-7:00 am (Jessica)	
Total Body Conditioning 12-1 pm (Stephanie)	Vinyasa Yoga 12-12:45 pm (Tiffany)	Total Body Conditioning 12-1 pm (Stephanie)	Pregnancy/Beginner's Yoga 12-12:45 pm (Tiffany)	Yoga-lates 12-12:45 pm (Stephanie)
	Total Body Conditioning 5:15-6 pm (Stephanie)	Yoga: iStress to iRest 5:45-7:00 pm (Tara)		
ROB PHYSICAL FITNESS CENTER Mon-Fri: 5 am-8:30 pm Sat-Sun: 10 am-4:30 pm Bldg. 172 493-				
		Currently no classes.		
PULASKI MASSAGE AND YOGA STUDIO Pulaski Barracks, Bldg. 2899 493-4156 0631-				
	Mixed Level Yoga 9-10 am (Steffanie)	Beginner's Yoga 9-10 am (Cayce)	Beginner's Yoga 9-10 am (Hazel)	
Mixed Level Yoga 12-12:45 pm (Melanie)		Beginner's Yoga 12-12:45 pm (Melissa)		Beginner's Yoga 12-12:45 pm (Melissa)
Beginner's Yoga 5:30-6:30 pm (Ashleigh)	Mixed Level Yoga 5:30-6:30 pm (Melissa)		NEW Hot Yoga! 5:30-6:30 (Melanie)	

Training/Federal Holidays: All facilities are open on Training and Federal Holidays, 9 am-5 pm

Check with instructor for class cancellation during the holidays.

MASSAGE APPOINTMENTS AVAILABLE! Call to make an appointment at Sembach, Landstuhl or Pulaski.

Class costs: \$5 per class or \$40 per booklet (10 classes)

CLASS DESCRIPTIONS

PREGNANCY/BEGINNER'S YOGA This class contains gentler poses at a slower pace and modifications to include all trimesters of pregnancy.

SPIN A low impact, high-intensity workout that burns calories like no other cardio class. Follow your instructor on imaginary bike rides that include endurance rides, challenging uphill climbs and fast downhill slopes.

TOTAL BODY CONDITIONING (TBC) Incorporates strength and cardio segments using equipment such as dumbbells, body bars and bands for a total body workout.

MIXED LEVEL YOGA Flow through yoga postures to energize the body and experience the physical benefits of yoga as well as relaxation techniques to calm the mind and rejuvenate the body. This class will meet your expectations as modifications are made throughout the class.

YOGA-LATES Combines the stretching and strengthening postures of yoga with the core strengthening floor work of Pilates for a dynamic total body workout.

ZUMBA Fuses hypnotic Latin rhythms, hip-hop, and easy-to-follow aerobic moves to create a high energy, fat-burning "dance" fitness class that will blow you away!

YOGA iStress to iRest: A 75 min class with 45 minutes of yoga postures and breath work followed by 30 minutes of guided iRest meditation. Come to decrease stress and mental static while building support for a healthy back and a quieter mind.

YOGA FOR SOLDIERS: Learn yoga poses that will improve mobility and flexibility with an emphasis on injury prevention and recovery.

HOT YOGA: Hot yoga is a mixed yoga in a HOT room to gain more flexibility, detoxify through heavy sweating, increase your heart rate which provides a cardiovascular workout and burns more calories. **Must bring your own mat, towel and water. Be prepared to sweat! This class is not recommended for beginners. Avoid heavy foods before class.**