

## AUGUST FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>LANDSTUHL PHYSICAL FITNESSCENTER</b> Mon-Fri: 5:30 am-9 pm   Sat-Sun: 10 am-4:30 pm   Bldg. 3720/3722   486-7172   06371-86-7172				
		<b>NEW Spin 15 Aug</b> 5:30-6:30 am (Nicol) every third Wed. of the month		
	<b>Mixed Level Yoga</b> 11:45 am-12:45 pm (Michelle)	<b>Spin</b> 12-12:45 pm (Dana)	<b>Mixed Level Yoga</b> 12-13:00 pm (Michelle)	
<b>Mixed Level Yoga</b> 5:30-6:30 pm (Michelle)				
<b>KLEBER PHYSICAL FITNESS CENTER</b> Mon-Fri: 5:30 am-9 pm   Sat-Sun: 10 am-4:30 pm   Bldg. 3234/3235   483-7610/7549				
<b>Yoga for Soldiers</b> 6:30-7:30 am (Tony)	<b>Spin</b> 6:30-7:15 am (Naye-Ili)		<b>Spin</b> 6:30-7:15 am (Naye-Ili)	<b>Yoga for Soldiers</b> 6:30-7:30 am (Tony)
	<b>Mixed Level Yoga</b> 12:15-1 pm (Jana/Leslie)		<b>Mixed Level Yoga</b> 12:15-1 pm (Leslie)	
<b>SEMBACH PHYSICAL FITNESS CENTER</b> Mon-Fri: 5:30 am-9 pm   Sat-Sun: 10 am-4:30 pm   Bldg. 105   541-9204   0611-143-541-9204				
<b>Stephanie's classes cancelled 6-7 Aug.</b>				
<b>Total Body Conditioning</b> 12-12:45 pm (Stephanie)	<b>CYCLE-YO</b> 12-12:45 pm (Stephanie)	<b>Total Body Conditioning</b> 12-12:45 pm (Stephanie)	<b>Zumba</b> 12-12:45 pm (Chrissy) <b>Cancelled 16 &amp; 23 Aug.</b>	<b>Mixed Level Yoga</b> 12-12:45 pm (Stephanie)
		<b>Yoga: iStress to iRest</b> 5:45-7:00 pm (Tara)		
<b>ROB PHYSICAL FITNESS CENTER</b> Bldg. 172   493-2241   0631-3406-2241				
		<b>Currently no classes.</b>		
<b>PULASKI MASSAGE AND YOGA</b> Pulaski Barracks, Bldg. 2899   493-4156   0631-3406-4156				
	<b>Beginners Yoga</b> 9-10:00 am (Cayce)	<b>Mixed Level Yoga</b> 9-10 am (Melissa)	<b>Beginners Yoga</b> 9-10 am (Hazel)	
<b>Mixed Level Yoga with Weights</b> 12-12:45 pm (Steffanie)		<b>Mixed Level Yoga</b> 12-12:45 pm (Lisa)		
	<b>Beginners Yoga</b> 5:45-7:00 pm (Lisa)		<b>Hot Yoga!</b> 5:45-7:00 (Melissa)	
<b>Check with each facility for their Training/ Federal Holidays hours, as opening times differ. Check with instructor for class cancellation during the holidays.</b>			<b>MASSAGE, REIKI &amp; REFLEXOLOGY APPOINTMENTS AVAILABLE!</b> Call to make an appointment at Sembach, Landstuhl or Pulaski. Call for prices. <b>Fitness Class costs: \$5 per class or \$40 per booklet (10 classes)</b>	

## CLASS DESCRIPTIONS

**BEGINNERS YOGA:** This Beginner's class contains gentler poses at a slower pace to include modifications for 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 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:** Is for everyone that wants to learn yoga poses that will improve their mobility and flexibility with an emphasis on injury prevention and recovery.

**HOT YOGA:** Hot yoga is a challenging yoga class 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 pregnant or beginner students.**

**CYCLE-YO** begins with a heart-pumping indoor cycling ride followed by a flow through postures that will lengthen and relax the muscles. This workout provides the perfect combination of strength, flexibility and cardiovascular endurance. You will need a water bottle and towel. Bring SPD cycling shoes, if you have them.

**YOGA WITH WEIGHTS:** Pump up your Yoga by adding small dumbbells to specific positions which allows you to moved deeper into each pose.

**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!