USAG RHEINLAND-PFALZ

DECEMBER FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT
LANDSTUHL PHYSICAL FITNESSCENTER Mon-Fri: 5:30 am-8 pm | Sat-Sun: 9:30 am-5 pm | Bldg. 3720/3722 | 486-7172 | 06371-86-7172				
Spin 9-10 am (Emma)				
	Mixed Level Yoga 11:45 am-12:45 pm (Michelle)	**Spin** 12-12:45 pm (Joerg)	**Mixed Level Yoga** 12-13:00 pm (Michelle)	
Mixed Level Yoga 5:30-6:30 pm (Michelle)				
KLEBER PHYSICAL FITNESS CENTER Mon-Fri: 5:30 am-9 pm | Sat-Sun: 10 am-4:30 pm | Bldg. 3234/3235 | 483-7610/7549 |				
Yoga for Soldiers 6:30-7:30 am (Tony)	**Spin** 6:30-7:15 am (Naye-Ili)		**Spin** 6:30-7:15 am (Naye-Ili)	(FRIDAY) **Yoga for Soldiers** 6:30-7:30 am (Tony)
	Mixed Level Yoga 12:15-1 pm (Jana/Leslie)		**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 | 0611-143-541-9204				
			NEW TIME **Zumba** 9:30-10:30 pm (Chrissy)	
Total Body Conditioning 12-12:45 pm (Stephanie)	**CYCLE-YO** 12-12:45 pm (Stephanie)	**Total Body Conditioning** 12-12:45 pm (Stephanie)		(FRIDAY) **Mixed Level Yoga** 12-12:45 pm (Stephanie)
Zumba 5:15-6:15 pm (Chrissy)		**Yoga: iStress to iRest** 5:45-7:00 pm (Tara)		
PULASKI MASSAGE AND YOGA Pulaski Barracks, Bldg. 2899 | 493-4156 | 0631-3406-4156				
	Chakra Yoga* 9-10:30 am (Cayce) see details below*	**Beginner Level Yoga** 9-10 am (Indra)	**Mixed Level Yoga** 9-10 am (Hazel)	NEW **(SATURDAY)** **Mixed Level Yoga** 9-10:15 am
Mixed Level Yoga with Weights 12-12:45 pm (Steffanie)		**Mixed Level Yoga** 12-12:45 pm (Lisa)		(FRIDAY) **Beginner Level Yoga** 12-12:45 pm (Hazel)
NEW **Yoga Tap** 5:45-6:45 (Cayce) 3 & 10 Dec.	**Beginners Yoga** 5:45-7:00 pm (Lisa)	see details below* **Chakra Yoga*** 5:45-7:00 am (Cayce)	**Mixed Level Yoga** 5:45-7:00 (Indra)	

Check with each facility for their Training/ Federal Holidays hours, as opening times differ. Check with instructor for class cancellation during the holidays.

MASSAGE, REIKI & REFLEXOGOGY APPOINTMENTS AVAILABLE! Call to make an appointment at Sembach, Landstuhl or Pulaski. Call for prices.
Fitness Class costs: $5 per class or $40 per booklet (10 classes)

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.
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!
****CHAKRA YOGA**: take your yoga practice to the next level in this 10 week class to learn about the 7 Chakra energy centers that help to regulate organ function, immune system and emotions. Find a deeper relationship between your chakras and your yoga practice. Purchase tickets at Outdoor Rec. $10.00 per class. Classes are 1 1/2 hour. They start with theory and then a yoga practice pertaining to that Chakra.
YOGA TAP: A gentle flow combined with tapping on acupressure ponts to Relax, Release and Restore the Body, Mind & Spirit. 3 & 10 Dec.