

JUNE FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT
LANDSTUHL PHYSICAL FITNESS CENTER Mon-Fri: 5:30 a.m.-8 p.m. Sat-Sun: 9:30 a.m.-5 p.m. BLDG 3720/3722 486-7172 06371-86-7172				
	Spin 9-10 a.m. (Emma)		Spin 9:30-10:30 a.m. (Emma)	
	Mixed Level Yoga 11:45 a.m.-12:45 p.m. (Michelle)	Spin 12-12:45 p.m. (Joerg)	Mixed Level Yoga 12-1 p.m. (Michelle)	
Mixed Level Yoga 5:30-6:30 p.m. (Michelle)				
KLEBER PHYSICAL FITNESS CENTER Mon-Fri: 5:30 a.m.-9 p.m. Sat-Sun: 10 a.m.-4:30 p.m. BLDG 3234/3235 483-7610/7549 0631-411-7610/7549				
Yoga for Soldiers 6:30-7:30 a.m. (Leslie)	Spin 6:30-7:15 a.m. (Thomas)		Spin 6:30-7:15 a.m. (Thomas)	(FRIDAY) Yoga for Soldiers 6:30-7:30 a.m. (Leslie)
NEW Spin 5:30-6:15 p.m. (Thomas)	Mixed Level Yoga 12:15-1 p.m. (Jana/Leslie)	NEW Spin 5:30-6:15 p.m. (Thomas)	Mixed Level Yoga 12:15-1 p.m. (Jana/Leslie)	NEW Spin 5:30-6:15 p.m. (Thomas)
SEMBACH PHYSICAL FITNESS CENTER Mon-Fri: 5:30 a.m.-9 p.m. Sat-Sun: 10 a.m.-4:30 p.m. BLDG 105 541-9204 0611-143-541-9204				
Guns & Buns Bootcamp NEW 12-12:45 p.m. (Chelle)		Guns & Buns Bootcamp NEW 12-12:45 p.m. (Chelle)		
Zumba 5:15-6:15 p.m. (Chrissy)				
RHINE ORDNANCE BARRACKS (ROB) Mon-Fri: 5:00 a.m.-8:30 p.m. Sat-Sun: 10 a.m.-4:30 p.m. BLDG 237 493-2214 0631-3406-2241				
Zumba 9-10 a.m. (HJ)	Zumba 12-1 p.m. (Jackie)	Zumba 9-10 a.m. (HJ)	Zumba 7:30-8:30 p.m. (Jackie)	
PULASKI MASSAGE AND YOGA BLDG 2899 493-4156 0631-3406-4156				
NEW Beginners' Yoga 9-10 a.m. (Sandra)	Mixed Level Yoga 9-10 a.m. (Cayce)	Beginners' Yoga 9-10 a.m. (Indra)		(SATURDAY) Mixed Level Yoga 9-10:15 a.m.
Mixed Level Yoga with Weights 12-12:45 p.m. (Steffanie)		Mixed Level Yoga 12-12:45 p.m. (Heather)		(FRIDAY) Beginners' Yoga 12-12:45 p.m. (Heather)
Chair Yoga 5:45-6:30 p.m. (Rita)	Beginners' Yoga 5:45-7:00 p.m. (Lisa)		Mixed Level Yoga 5:45-7:00 p.m. (Indra)	NEW (SUNDAY) Beginners' Yoga 9-10 a.m.

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

CLASS DESCRIPTIONS

BEGINNERS YOGA: This beginners 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.

GUNS & BUNS BOOTCAMP: This bootcamp is designed to lift, strengthen and tone in all the right places! Indoor/outdoor functional fitness exercise meets resistance training to have you sweating hard, feeling great and looking better.

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 minutes 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: Everyone can learn yoga poses that will improve their mobility and flexibility with an emphasis on injury prevention and recovery.

YOGA WITH WEIGHTS: Pump up your yoga by adding small dumbbells to specific positions which allows you to move 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!

YOGA TAP: A gentle flow combined with tapping on acupressure points to relax, release and restore the body, mind & spirit.

CHAIR YOGA: No matter what condition you are in you can still experience the health benefits of yoga. Most of the yoga poses are performed in a chair. This gentle form of yoga is practiced seated or standing using a chair for balance and support.