

OCTOBER FITNESS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT
LANDSTUHL PHYSICAL FITNESS CENTER 24/7 ACCESS Manned Hours: 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				
Total Body Conditioning 9-10 a.m. (Emma)	Spin 9-10 a.m. (Emma)	Total Body Conditioning 9-10 a.m. (Emma)	Spin 9:30-10:30 a.m. (Emma)	
	Mixed Level Yoga 12:15 p.m.-1:15 p.m. (Chelle)		Mixed Level Yoga 12-1 p.m. (Traudel)	
Mixed Level Yoga 5:30-6:30 p.m. (Lisa)				
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				
Wellbeats Fusion NEW 6:30-7:30 a.m.	Spin 6:30-7:15 a.m. (Thomas)		Spin 6:30-7:15 a.m. (Thomas)	NEW (FRIDAY) Wellbeats Fusion 6:30-7:30 a.m. (Leslie)
Spin 5:30-6:15 p.m. (Thomas)	Mixed Level Yoga 12:15-1 p.m. (Jana/Leslie)	Spin 5:30-6:15 p.m. (Thomas)	Mixed Level Yoga 12:15-1 p.m. (Jana/Leslie)	
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 Boot Camp 12-12:45 p.m. (Chelle)		Guns & Buns Boot Camp 12-12:45 p.m. (Chelle)	NEW Spin 12-12:45 (Mark)	
Mixed Level Yoga 3:30-4:30 p.m. (Erin)				
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 237 493-2241 0631-3406-2241				
		Zumba 9-10 p.m. (HJ)	Zumba 4:30-5:30 p.m. (Jackie)	
FUNCTIONAL FITNESS AREA (ROB) Mon-Fri: 5:00 a.m.-7 p.m. Sat-Sun: 10:30 a.m.-3:30 p.m. BLDG 229 493-2241 0631-3406-2241				
		Cycle-Yo (Oct. 2&9) 6:30-7:15 a.m. (Steffanie)		
PULASKI MASSAGE AND YOGA BLDG 2899 493-4156 0631-3406-4156				
Beginners' Yoga 9-10 a.m. (Sandra)	Chakra Yoga 9-10:30 a.m. (Cayce) Special Price Class	Beginners' Yoga 9-10 a.m. (Indra)	Mixed Level Yoga 9-10 a.m. (Hazel)	(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)
	Chakra Yoga 5:45-7:15 p.m. (Cayce) Special Price Class	Chair Yoga 5-6 p.m. (Rita)	Mixed Level Yoga 5:45-7 p.m. (Indra)	

*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).

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

CLASS DESCRIPTIONS

BEGINNERS YOGA: This beginners class contains gentler poses at a slower pace to include modifications for pregnancy.

CHAIR YOGA: All conditions can experience the health benefits of yoga. This gentle form of yoga is practiced seated or standing using a chair.

CHAKRA YOGA: Take your yoga to a new level! In this 10 week class learn how the 7 chakra energy centers regulate organ function, immunity and emotions. \$10 for "drop-in".

CYCLE-YO: A heart-pumping indoor cycling ride followed by a flow through postures that will lengthen and relax the muscles used in spin classes. You will need a water bottle and a towel. Bring SPD cycling shoes and a yoga mat, if you have them. Some yoga mats will be provided.

GUNS & BUNS BOOT CAMP: This (WOD) boot camp 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, all in 45 minutes!

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.

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.

WELLBEATS FUSION: You decide the time and class with our Wellbeats video programs. It will be set up and ready for you to pick your "workout of the day".

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!