

FEBRUARY 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 6:30-7:30 a.m. (Leslie) | Spin 6:30-7:15 a.m. (Thomas) | | Spin 6:30-7:15 a.m. (Thomas) | (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. (Leslie) | Spin 5:30-6:15 p.m. (Thomas) | Mixed Level Yoga 12:15-1 p.m. (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) | Spin 12-12:45 (Mark) | |
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| 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 5-6 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 | | | | |
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| PULASKI MASSAGE AND YOGA BLDG 2899 493-4156 0631-3406-4156 | | | | |
| Beginners' Yoga 9-10 a.m. (Sandra) | NEW Chakra Level II 9-10:15 a.m. (Cayce) Special pricing, see below | Beginners' Yoga 9-10 a.m. (Indra) Special pricing, see below | NEW Yoga 101 9-10 a.m. (Hazel) *Starts Feb 13 | (SATURDAY) Mixed Level Yoga 9-10:15 a.m. No class Feb. 15 |
| Yoga with Weights 12-12:45 (Steffanie) | | Mixed Level Yoga 12-12:45 p.m. (Heather) | | (FRIDAY) Beginners' Yoga 12-12:45 p.m. (Heather) |
| NEW Beginners' Yoga 5:45-6:45 p.m. (Rita) | NEW Chakra Level II 5:45-7 p.m. (Cayce) Special pricing, see below | | Mixed Level Yoga 5:45-7 p.m. (Indra) | |

*MASSAGE, REIKI & REFLEXOGOGY 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.

CHAKRA II: Gain a deeper understanding of your chakras through yoga poses and meditation in this 7 weeks series that includes two Chakra balancings. \$40.00 or \$5.00 walk in.

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.

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

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 101: Never practiced yoga or a beginner? This 10 week workshop for \$40.00 is for you. You will learn the basics of alignment in yoga poses that encourages self acceptance and discovery. Walk-ins \$5.00.

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!