

# MARCH FITNESS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT
<b>LANDSTUHL PHYSICAL FITNESS CENTER 24/7 ACCESS</b> 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				
<b>Spin</b> 8-8:45 a.m. (Emma)	<b>Spin</b> 9-10 a.m. (Emma)	<b>Spin</b> 8-8:45 a.m. (Emma)	<b>Spin</b> 9:15-10:15 a.m. (Emma)	
<b>Total Body Conditioning</b> 9-10 a.m. (Emma)	<b>Mixed Level Yoga</b> 12:15 p.m.-1:15 p.m. (Chelle)	<b>Total Body Conditioning</b> 9-10 a.m. (Emma)	<b>Mixed Level Yoga</b> 12-1 p.m. (Traudel)	
<b>Mixed Level Yoga</b> 5:30-6:30 p.m. (Lisa)				
<b>KLEBER PHYSICAL FITNESS CENTER</b> 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				
<b>Wellbeats Fusion</b> 6:30-7:30 a.m. (Leslie)	<b>Spin and other fitness classes are available through Wellbeats any time or day upon your request!</b>			<b>(FRIDAY)</b> <b>Wellbeats Fusion</b> 6:30-7:30 a.m. (Leslie)
	<b>Mixed Level Yoga</b> 12:15-1 p.m. (Leslie)		<b>Mixed Level Yoga</b> 12:15-1 p.m. (Leslie)	
<b>SEMBACH PHYSICAL FITNESS CENTER</b> 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				
<b>Guns &amp; Buns Boot Camp</b> 12-12:45 p.m. (Chelle)		<b>Guns &amp; Buns Boot Camp</b> 12-12:45 p.m. (Chelle)		
<b>Zumba</b> 5:30-6:30 p.m. (Chrissy)				
<b>RHINE ORDNANCE BARRACKS (ROB)</b> 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				
	<b>Zumba</b> 5-6 p.m. (Jackie)			
<b>FUNCTIONAL FITNESS AREA (ROB)</b> 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				
<b>Check out key from ROB Fitness Center to workout at the Functional Fitness area during ROB operational hours. Schedule Unit Spin, Yoga or Step classes at 493-4156   0631-3406-4156.</b>				
<b>PULASKI MASSAGE AND YOGA</b> BLDG 2899   493-4156   0631-3406-4156				
<b>Beginners' Yoga</b> 9-10 a.m. (Sandra)	<b>Chakra Level II</b> 9-10:15 a.m. (Cayce) Special pricing, see below	<b>Beginners' Yoga</b> 9-10 a.m. (Indra)	<b>Yoga 101</b> 9-10 a.m. (Hazel)	<b>(SATURDAY)</b> <b>Mixed Level Yoga</b> 9-10:15 a.m. No class Mar. 21
<b>Yoga with Weights</b> 12-12:45 (Steffanie)		<b>Mixed Level Yoga</b> 12-12:45 p.m. (Heather)		<b>(FRIDAY)</b> <b>Beginners' Yoga</b> 12-12:45 p.m. (Heather)
<b>Beginners' Yoga</b> 5:45-6:45 p.m. (Rita)	<b>Chakra Level II</b> 5:45-7 p.m. (Cayce) Special pricing, see below		<b>Mixed Level Yoga</b> 5:45-7 p.m. (Indra)	
<b>*MASSAGE, REIKI &amp; REFLEXOGOGY APPOINTMENTS AVAILABLE! Call for prices or to make an appointment at Sembach, Landstuhl or Pulaski.</b> <b>*Fitness Class costs: \$5 per class or \$40 per booklet (10 classes).</b> <b>*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.</b>				

## CLASS DESCRIPTIONS

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

**CHAKRA Level 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!