



Kaiserslautern Family and MWR

Fitness, Athletics & Aquatics Team

DEC

Fitness Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Yoga - Noon (S) HipHopStep - 5pm (S) Yoga - 5:30pm (P) Zumba - 5:45pm (K)	2 Yoga - 9am (L) Yoga - 9am (P) Mobility - Noon (K) HipHopStep - 5pm (K) Yoga - 5pm (L)	3 Yoga - Noon (S) Yoga - Noon (P) Yoga - 5:15pm (P) Zumba - 5:30pm (S) Prenatal Yoga - 6:30pm (P) Ninjutsu - 6pm (S)	4 Yoga - 9am (P) Yoga - Noon (S) Yoga - Noon (L) Yoga - 5:15pm (P) HipHopStep - 5:30pm (L) Prenatal Yoga - 6:30pm (P)	5 Yoga - 9am (P) Yoga - Noon (K)	5 Weekend Flow Yoga - 10 - 11:30am (P)
7	8 Yoga - Noon (S) Yoga - 5:30pm (P) Zumba - 5:45pm (K)	9 Yoga - 9am (P) Yoga - 9am (L) Mobility - Noon (K) Yoga - 5pm (L)	10 Yoga - Noon (P) Yoga - Noon (S) Yoga - 5:15pm (P) Zumba - 5:30pm (S) Ninjutsu - 6pm (S) Prenatal Yoga - 6:30pm (P)	11 Yoga - 9am (P) Yoga - Noon (S) Yoga - Noon (L) Yoga - 5:15pm (P) Prenatal Yoga - 6:30pm (P)	12 Yoga - 9am (P) Yoga - Noon (K)	13 Weekend Flow Yoga - 10 - 11:30am (P)
14	15 Sound Yoga - Noon (S) HipHopStep - 5pm (S) Yoga - 5:30pm (P) Zumba - 5:45pm (K)	16 Sound Yoga - 9am (L) Yoga - 9am (P) Mobility - Noon (K) Sound Yoga - 5pm (L) HipHopStep - 5pm (K)	17 Sound Yoga - Noon (S) Yoga - Noon (P) Sound Yoga - 5:15pm (P) Zumba - 5:30pm (S) Prenatal Yoga - 6:30pm (P) Ninjutsu - 6pm (S)	18 Yoga - 9am (P) Sound Yoga - Noon (S) Yoga - Noon (L) Sound Yoga - 5:15pm (P) HipHopStep - 5:30pm (L) Prenatal Yoga - 6:30pm (P)	19 Yoga - 9am (P) Yoga - Noon (K)	20
21	22	23	24 Christmas Eve	25 Christmas Day	26	27
28	29	30	31 New Year's Eve			

"Beast mode. ON." - Unknown

COLOR CODE

Sembach (S)

Kleber (K)

Pulaski (P)

Landstuhl (L)

- Yoga: Yoga for all levels with modifications and progressions, a series of linked poses to promote cardiovascular health and flexibility.
- Prenatal Yoga: Yoga suitable for expecting moms
- Hip Hop Step: High-energy, choreography that combines the rhythm of hip hop with the fun and toning of step aerobics.
- Zumba: An energizing dance fitness class featuring Latin and international music.
- Ninjutsu :train like a ninja learning Ninjutsu martial arts
- Mobility: Series of stretches designed to improve mobility and range.
- Sound Yoga: Reduce stress to the sound of singing bowls.

For the most current information check our Facebook page: USAG RP Fitness, Athletics and Aquatics