






**FORT RUCKER  
GROUP FITNESS SCHEDULE  
2019**

# JANUARY

**PFC / FBC HOURS**  
**M-F 0500-2100**  
**SAT 0800-1800**  
**SUN 0800-1800**



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>0600-0700 PT Group Fitness **RESERVATION ONLY**</p> <p>0830-0930  Aimee</p> <p>0830-0930 <b>Boot Camp 2.0</b> *PFC* Stephanie</p> <p>0945-1045 Step Aerobics Emily</p> <p>1200-1300 AbsoGlutely Babs</p> <p>1700-1800 Pure Strength Kris</p> <p>1815-1915 Yoga Flow Brandy</p> <p><b>**NO CLASSES 21 JAN*</b></p>	<p>0600-0700 PT Group Fitness **RESERVATION ONLY**</p> <p>0900-1000 Yoga Flow Brandy</p> <p>0900-1000  *PFC Indoor Pool* Ryan</p> <p>1200-1245 <b>CSI</b> *PFC* Babs</p> <p>1700-1800 Strong Bodies Emily</p> <div style="border: 2px solid blue; padding: 5px; text-align: center;"> <p>22 Jan Monthly Fitness Challenge STEP AEROBICS 1730-2030</p> </div>	<p>0600-0700 PT Group Fitness **RESERVATION ONLY**</p> <p>0830-0930 Strong Bodies Aimee</p> <p>0830-0930 <b>Boot Camp 2.0</b> *PFC* Stephanie</p> <p>0945-1045 Step Aerobics Emily</p> <p>1200-1300 Strong Bodies Babs</p> <p>1700-1800 Indoor Cycle Brandy</p>	<p>0600-0700 PT Group Fitness **RESERVATION ONLY**</p> <p>0900-1000  *PFC Indoor Pool* Ryan</p> <p>0900-1000  Brandy</p> <p>1015-1115 Yoga Flow Brandy</p> <p>1200-1300 <b>Ultimate Conditioning</b> *PFC* Lindsay</p> <p>1700-1800 Strong Bodies Emily</p>	<p>0600-0700 PT Group Fitness **RESERVATION ONLY**</p> <p>0830-0930 <b>Boot Camp 2.0</b> *PFC* Stephanie</p> <p>0830-0945  &amp; Core Aimee</p> <p>1200-1300 <b>MetCon</b> *PFC* Lindsay</p> <div style="background-color: #90EE90; padding: 10px; text-align: center;"> <p><b>Fitness Classes Resume Saturday, January 5th</b></p> </div>	<p>5 Jan 0830-0930 Pure Strength Kris</p> <p>12 Jan 0800-1100 Fitness Marathon</p> <p>0900 5K Fun Run</p> <p>19 Jan 0830-0945 <b>TRX Bootcamp</b> *PFC* Helaine</p> <p>26 Jan <b>Ultimate Conditioning</b> *PFC* Lindsay</p>

**2019  
New Year New You**

Sign up with one of our certified personal trainers. Make those goals a reality

30 Minutes Session \$15  
60 Minute Session \$30  
Buddy Training \$50

\*Classes in **BLACK** are held at Fortenberry-Colton Physical Fitness Center

\*Classes in **RED** are held at Fort Rucker Physical Fitness Center

**2019 FREE Fitness Marathon**  
 January 12th 0800-1100

Offering a variety of 30 minutes demos of classes offered at FBC . Personal Trainers will be on hand to answer questions and offer FREE fitness assessments. Stay for one class or stay for all. Door prizes will be awarded between classes.



**Need to Switch up Your PT Routine?**

Now Offering all Group Fitness Classes on the schedule for PT Classes. Units can schedule a Custom Group Fitness Class with one of our Certified Instructors.

Cost: \$1 per person in PT uniform.

\*\*excluding Aqua Zumba

**Our Mission:** The Fort Rucker Fitness Program is dedicated to serving the needs of our patrons by providing professional instruction, during safe, effective, well balanced and fun workouts. We strive to offer a variety of classes that focus on strength, cardiovascular conditioning, flexibility training, and mind/body awareness. We believe in promoting the general health of an individual on a personal level, with all the components to make your workout a more effective and enjoyable experience.

### Class Descriptions



Begin to make your fitness goals a reality, with no complicated movements to learn, a motivating group environment, excellent instructors, and music that begs your legs to pedal. You'll get a heart pounding yet low impact workout while maintaining the ability to go at your own pace.

Training sessions will be wither interval, endurance, strength or Race Day rides. Appropriate for all fitness levels **Water bottle is required for class!** \*\*If this is your first time, please come at least 10 minutes early for proper bike set up.\*\*



Perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine. Aqua Zumba blends the Zumba philosophy with water resistance, for one pool party you shouldn't miss! Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

**Boot Camp 2.0**— your cardiovascular and muscular fitness will be challenged in this class which will incorporate calisthenics, free weights, plyometric and an assortment of equipment for a variety of exercises. **\*\*please bring water**

**CSI (cardio, strength, intervals)** – Tone, build, and strengthen your muscles and heart in the same class. A great workout with intervals of cardio to keep your heart rate increased to a level fit for you.

**AbsoGlutely**— A lower body and core workout that includes weights and cardio to tighten and build common problem areas. This class is a high energy, fun way to work the “last to be seen” area.

**Ultimate Conditioning**— combines weightlifting, cardio and functional lifting. The domains of this class include cardiovascular/respiratory endurance, stamina, strength, flexibility, power spend agility, balance, coordination and accuracy. Make time fly with this intense workout while having fun.

**Pure Strength**—Build strength, add definition, increase bone density and decrease body fat by INCREASING lean muscle. Research has proven that by adding lean muscle to the body you can speed up your metabolism and burn more calories working out and at rest.

**Strong Bodies**— Work every muscle in every angle. This total body workout is designed to improve muscular strength and endurance utilizing free weights, tubing, Body Bars, and Resist-a-Balls. Appropriate for all fitness levels.

**Tabata**-interval training is one of the most effective types of high intensity interval training. Through a variety of simple, yet intense exercises, each class will blast the calories and provide noticeable results in a short amount of time. Whether your goal is muscle tone, weight loss, or both, this class will provide what you are looking for.

**Step Aerobics** - a low impact cardio class, uses the step bench with adjustable height. Body sculpting incorporates dumbbells, elastic tubing, Body Bars and resist-a-balls, to engage all major muscle groups and promote muscular strength and endurance.

**Yoga Flow** Also known as vinyasa (flow) yoga. A series of poses performed sequentially on one side and then repeated on the other side Movement is synchronized with the breath. Between each side, the student performs a mini-sequence called a "vinyasa". A vinyasa is string of 4 poses: straight arm plank (high push up), chaturanga (low push up position), a back bend (upward facing dog or cobra), and, finally, downward facing dog. Usually very sweaty and can be performed at a fast or slow pace.

**Metcon**- (short for metabolic conditioning) is a high intensity, full body workout which is designed to train stamina, endurance and conditioning. Combining functional movement patterns and weight lifting techniques with short rest periods in between work intervals, Metcon is extremely effective for fat loss and improving fitness. Specially adapted for the studio environment, this class is scalable to suit all levels and is highly recommended for anyone who is serious about their fitness.



-combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. Choreography is designed to uplifting music. PiYo is a fat-burning, high intensity, low-impact workout.

A water bottle is strongly recommended for each class.

Units may request a private PT session with an instructor. Please contact the Fitness Coordinator at [Nicole.r.crowley4.naf@mail.mil](mailto:Nicole.r.crowley4.naf@mail.mil) for reservations

Children are not permitted to attend fitness classes as a participant or spectator under the age of 13.

We apologize for the inconvenience.

### Class Fees

**\$3.50 per class**

**\$15 for 2 weeks  
(unlimited classes)**

**\$30 per month  
(unlimited classes)**

### Class Sign In Policy

Patrons may sign up for any class on the day of that class after 0530, by calling in a reservation or by coming into the facility. You must check in at the front desk at least 10 minutes prior to your class or you will forfeit your reservation. Call 334.255.3794.