



March Group Fitness Classes



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|--|----------|---------------------------------|---|
| FBC Staffed Hours: M 0500-2000 T-F 0500-1000 1500-2000 | | | | | | 1 Spin: 1000-1100 Sophia |
| 2 | 3 Spin: 0900-1000 Sophia Zumba: 1800-1900 Cassie | 4 Yoga: 0600-0700 Lauren T&M: 0830-0930 Cassie Hip Hop: 1830-1930 Corrina | 5 Strength: 0900-1000 Jade Spin: 1800-1900 Cassie | 6 | 7 Spin: 0900-1000 Sophia | 8 NO Group Fitness Class. Please join us for Race the Runway 5k! |
| 9 | 10 Spin: 0900-1000 Sophia Zumba: 1800-1900 Cassie | 11 Yoga: 0600-0700 Lauren T&M: 0830-0930 Cassie Hip Hop: 1830-1930 Corrina | 12 Strength: 0900-1000 Jade Spin: 1800-1900 Cassie | 13 | 14 Spin: 0900-1000 Sophia | 15 Spin: 1000-1100 Sophia |
| 16 | 17 Spin: 0900-1000 Sophia Zumba: 1800-1900 Cassie | 18 Yoga: 0600-0700 Lauren T&M: 0830-0930 Cassie Hip Hop: 1830-1930 Corrina | 19 Strength: 0900-1000 Jade Spin: 1800-1900 Cassie | 20 | 21 Spin: 0900-1000 Sophia | 22 Spin: 1000-1100 Sophia |
| 23 | 24 Spin: 0900-1000 Sophia Zumba: 1800-1900 Cassie | 25 Yoga: 0600-0700 Lauren T&M: 0830-0930 Cassie Hip Hop: 1830-1930 Corrina | 26 Strength: 0900-1000 Jade Spin: 1800-1900 Cassie | 27 | 28 Spin: 0900-1000 Sophia | 29 T&M: 0900-1000 Cassie |
| 30 | 31 Spin: 0900-1000 Sophia Zumba: 1800-1900 Cassie | Ticket Books Available for purchase every MONDAY at FBC. \$40 for 10 ! Sign up for 24/ 7 Access at FBC during staffed Hours. | | | | Group Fitness Schedule ***is subject to change*** |

Saturday Classes REQUIRE Prepaid Group Fitness Ticket

Our Mission

The Fort Novosel 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 work out a more effective and enjoyable experience.

Class Descriptions

- **SPINNING** – Begin making your fitness goals a reality with uncomplicated movements to learn. Spinning provides 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 Interval, Endurance, Strength or Race Day rides. Appropriate for all fitness levels.
- **ZUMBA** – Dance fitness classes that are fun, energetic, and make you feel amazing. We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party!
- **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. Can be performed at a fast or slow pace.
- **TONING & MOBILITY (T&M)** – A fitness class that focuses on strengthening and toning muscles throughout the body. This includes a combination of cardio, light weights, bands, steps, range of motion, flexibility, breath work, core strength and mobility exercises.
- **STRENGTH TRAINING** – Join us for a dynamic 45-minute weight training class that will energize your body and mind! In this fun yet challenging workout, we'll target each major muscle group with high repetitions and moderate weights, perfect for building strength and promoting hypertrophy. Get ready to pump it up as we power through our routines to upbeat, energetic music that keeps the vibe high and our focus sharp. Whether you're a seasoned pro or just starting out, this class promises to leave you feeling accomplished and ready for more!
- **XTREME HIP HOP** – Xtreme Hip Hop is a high-energy cardio and step aerobics class that uses hip hop music. It's a modern take on traditional step aerobics. Benefits include burning calories, strengthen cardiovascular abilities, strengthen lower body, and relieve stress.

Class Policies & Procedures

- All classes are held in the group fitness room at Fortenberry-Colton Physical Fitness Center. *Schedule is subject to change.*
- Each class is \$4.00, and no pre-registration is required.
- Children *under the age of 13* are not permitted to attend any fitness classes as a participant or spectator. They are prohibited from utilizing the fitness facility and may not be left unsupervised.
- Active-duty units may request a private PT session with an instructor. E-mail reservation requests to jillian.n.hammond.naf@army.mil

Address & Hours

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| Fortenberry-Colton Physical Fitness Center (FBC) BLDG 5900 Skychief St, Fort Novosel, AL 36362 (334) 255-3794 Staffed hours: M 0500-2000 / T-F 0500-1000 & 1500-2000 <i>24/7 access available with pre-registration</i> | Fort Novosel Physical Fitness Center (PFC) 4605 Andrews Ave, Fort Novosel, AL 36362 (334) 255-2296 Hours: M-F 0500-2000 / S-S 0800-1800 |
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