



MAY GROUP FITNESS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FBC Staffed Hours: M (0500-2000) T-F (0500-1000) (1500-2000)	**Personal Training Services Available** Ask for details	Ticket Books Available for purchase on Mondays at FBC 10 tickets - \$40		1 Yoga: 0900-1000 Lauren Toning&Mobility: 1800-1900 Cassie	2 Spin: 0900-1000 Sophia	3
4	5 Spin: 0900-1000 Sophia Zumba: 1800-1900 Cassie	6 Toning&Mobility: 0830-0930 Cassie Hip Hop: 1830-1930 Corrina	7 NO STRENGTH TODAY Spin: 1800-1900 Cassie	8 NO YOGA TODAY Toning&Mobility: 1800-1900 Cassie	9 Spin: 0900-1000 Sophia	10
11 	12 Spin: 0900-1000 Sophia Zumba: 1800-1900 Cassie	13 Toning&Mobility: 0830-0930 Cassie NO HIP HOP TODAY	14 Strength Bootcamp: 0900-1000 Carolyn Spin: 1800-1900 Cassie	15 Yoga: 0900-1000 Lauren Toning&Mobility: 1800-1900 Cassie	16 Spin: 0900-1000 Sophia	17
18	19 Spin: 0900-1000 Sophia Zumba: 1800-1900 Cassie	20 Toning&Mobility: 0830-0930 Cassie Hip Hop: 1830-1930 Corrina	21 Strength Bootcamp: 0900-1000 Carolyn Spin: 1800-1900 Cassie	22 Yoga: 0900-1000 Lauren Toning&Mobility: 1800-1900 Cassie	23 Spin: 0900-1000 Sophia	24
25 	26 HAPPY MEMORIAL DAY! NO GROUP FITNESS	27 Toning&Mobility: 0830-0930 Cassie Hip Hop: 1830-1930 Corrina	28 Strength Bootcamp: 0900-1000 Carolyn Spin: 1800-1900 Cassie	29 Yoga: 0900-1000 Lauren Toning&Mobility: 1800-1900 Cassie	30 Spin: 0900-1000 Sophia	31 Toning&Mobility: 0900-1000 Cassie

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 workout 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** – 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.*
- *Weekend classes require 24/7 access- must sign up in advance at FBC during staffed hours.*
- 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. Contact John Fowler for reservations (334) 255-1951

Address & Hours**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

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

Fortenberry-Colton Physical Fitness Center

Bldg. 5900 Skychief St, Fort Novosel, AL

334-255-3794

Fort Novosel Physical Fitness Center

Bldg. 4605 Andrews Avenue, Fort Novosel, AL

334-255-2296