

Group Fitness Schedule

*****is subject to change*****

OCTOBER

FBC Staffed Hours:

M 0500-2000
T-F 0500-1000
1500-2000



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
		1 Yoga 0600-0700 YOGA CAROLINE 0900-1000 Bootcamp CORRINA 1830-1930 HIP HOP	2 CASSIE 0600-0700 SPIN 1800-1900 SPIN	3 CAROLINE 0900-1000 Bootcamp CASSIE 1130-1230 SPIN		5 
6 	7 SARAH 0600-0700 SPIN CASSIE 1800-1900 ZUMBA	8 LAUREN 0600-0700 YOGA CAROLINE 0900-1000 Bootcamp CORRINA 1830-1930 HIP HOP	9 CASSIE 0600-0700 SPIN 1800-1900 SPIN	10 CAROLINE 0900-1000 Bootcamp CASSIE 1130-1230 SPIN		12 
13	14 HOLIDAY	15 CAROLINE 0900-1000 Bootcamp CORRINA 1830-1930 HIP HOP	16 CASSIE 0600-0700 SPIN 1800-1900 SPIN	17 CAROLINE 0900-1000 Bootcamp CASSIE 1130-1230 SPIN		19 CORRINA 0900-1000 HIP HOP
20	21 SARAH 0600-0700 SPIN CASSIE 1800-1900 ZUMBA	22 CAROLINE 0900-1000 Bootcamp CORRINA 1830-1930 HIP HOP	23 CASSIE 0600-0700 SPIN 1800-1900 SPIN	24 CAROLINE 0900-1000 Bootcamp CASSIE 1130-1230 SPIN		26 
Try our NEW Bootcamp class on Tuesdays and Thursday. Also our lunchtime Spin class on Thursdays	28 SARAH 0600-0700 SPIN CASSIE 1800-1900 ZUMBA	29	30	31 CAROLINE 0900-1000 Bootcamp CASSIE 1130-1230 SPIN		
Don't forget to sign up for the Spooktacular 5k at PFC or FBC						

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. 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. A water bottle and towel are required for the class. **If this is your first time, please come at least 15 minutes early for proper bike set up.**

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!

Boot Camp – 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**

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.

Hip Hop Cycle- Get ready to ride to some of the latest hip hop tunes with this fun stationary ride! It's not your traditional spin class! It's time to get fit with drills to make you sweat.

Kick Boxing-Cardio kickboxing is a group fitness class that combines martial arts techniques with fast-paced cardio. This high-energy workout challenges the beginner and elite athlete alike. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout

HIIT-or high-intensity interval training, is a training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time.

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.

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.

A water bottle is strongly recommended for each class.