

Group Fitness Schedule

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

DECEMBER

FBC Staffed Hours:

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



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p>NOTICE: New Toning & Mobility class on Wednesdays & Bootcamp on Thursdays</p>	<p>2</p> <p>ZUMBA 1800-1900 Cassie</p>	<p>3</p> <p>YOGA 0600-0700 Lauren BOOTCAMP 0900-1000 Carolyn HIP HOP 1830-1930 Corrina</p>	<p>4</p> <p>TONING & MOBILITY 0830-0930 Cassie SPIN 1800-1900 Cassie</p>	<p>5</p> <p>BOOTCAMP 0900-1000 Carolyn SPIN 1130-1230 Cassie</p>	<p>6</p>	<p>EXPO</p>
<p>8</p>	<p>9</p> <p>ZUMBA 1800-1900 Cassie</p>	<p>10</p> <p>YOGA 0600-0700 Lauren BOOTCAMP 0900-1000 Carolyn HIP HOP 1830-1930 Corrina</p>	<p>11</p> <p>TONING & MOBILITY 0830-0930 Cassie SPIN 1800-1900 Cassie</p>	<p>12</p> <p>BOOTCAMP 0900-1000 Carolyn SPIN 1130-1230 Cassie</p>	<p>13</p>	<p>14</p>
<p>15</p>	<p>16</p> <p>ZUMBA 1800-1900 Cassie</p>	<p>17</p> <p>YOGA 0600-0700 Lauren BOOTCAMP 0900-1000 Carolyn HIP HOP 1830-1930 Corrina</p>	<p>18</p> <p>TONING & MOBILITY 0830-0930 Cassie SPIN 1800-1900 Cassie</p>	<p>19</p> <p>BOOTCAMP 0900-1000 Carolyn SPIN 1130-1230 Cassie</p>	<p>20</p>	<p>21</p>
<p>22</p> <p>YOGA POSES <i>for every amount of time</i></p>	<h1>EXODUS</h1>					<p>28</p>
<p>29</p>	<h1>EXODUS</h1>					<p>31</p>


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

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**

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.

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.

Units may request a private PT session with an instructor. Please contact the Fitness Coordinator at jillian.n.hammond.naf@army.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

\$4.00 per class

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.