

Group Fitness March



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
<p>*Classes are subject to change without notice. **If you are new to class, we encourage you to arrive early for guidance from our instructors.</p>	<ul style="list-style-type: none"> Mindful Living Workshop 45 min 5:00pm \$10 (Punita) <i>*Buffalo Soldier Pavilion</i> Spin Basics 101–Winter Training 5:40pm (Paul) 	<ul style="list-style-type: none"> Zumba 5 pm (Christine) 	<ul style="list-style-type: none"> Spin Basics 101–Winter Training (Paul) 5:40am Spin 9:00 am (Lois) 	<ul style="list-style-type: none"> Body Pump 9am (Rene') 	<ul style="list-style-type: none"> Spin 5:40 am (Paul) 	<ul style="list-style-type: none"> Yoga at Buffalo Soldier Pavilion 9:30 am (Noreen) <p><i>*Buffalo Soldier Pavilion is located next to the Vet Clinic</i></p>
8	9	10	11	12	13	14
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15	16	17	18	19	20	21
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22	23	24	25	26	27	28
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29	30	31	<p>Fitness Coupons</p> <p>1/2 Hour Coupon: \$2.50</p> <p>1 Hour Coupon: \$5</p> <p>5 Hour Coupon: \$25</p> <p>10 + 1 Free Hour Coupon: \$50</p> <p>20 + 3 Free Hours Coupon: \$100</p>			<p>Hours:</p> <p>Mon - Thurs 5:30AM - 8PM</p> <p>Friday 5:30AM - 6PM</p> <p>Sat & Sun 9AM - 5PM</p>
	<ul style="list-style-type: none"> Spin Basics 101–Winter Training 5:40pm 	<ul style="list-style-type: none"> Body Pump 9am Zumba 5 pm 	<p><u>Save the date</u></p> <p><i>Doggie Dash 3k & 5k</i></p> <p><i>April 18th</i></p>	<p><i>WELLBEATS Virtual Classes are Free!</i></p> <p><i>Mindful Living Workshop \$10</i></p>		

Class Descriptions

Body Pump: This 60-minute program challenges all your major muscle groups by using a barbell and exercises like squats, presses, lifts, and curls.

Boot Camp: This class is a high intensity kick-start to your New Year fitness goals! Set yourself up for success with a weekly dose of butt kicking workouts in a motivating group atmosphere. Variety of equipment used; TRX, barbells, kettlebells and more.

Core & More: Core & More is a 30 minute class that will focus on strengthening the abdominals, glutes, back, and hips. Core conditioning is vital for stability, good posture, and everyday activities whether your health and fitness goals are novice or advanced.

Spin Basics 101: Winter Training: Fitness is borne in the dark of winter — Join Paul and use this key season to build your aerobic base and strength, and set the foundation for an amazing 2020!

Spin: Burn 400-700 calories in this intense cycle class that will be sure to give you an athletic ride with a variety of drills and driving music. Classes consist of 3 energy zones. Endurance: builds aerobic threshold and burn fat. Interval: challenges the rider to work in their high intensity zones. Strengthen: cycle in your anaerobic zone building lean muscle and increasing power.

Yoga: Strengthen your cardiovascular system, tone and stretch your muscles, and improve your mental fitness in this class! Yoga, improves flexibility, strength, balance, and stamina. It can also reduce anxiety and stress, and can improve mental clarity.

WELLBEATS Virtual Group Fitness: Classes are segmented into 20, 35, and 50 minute sessions. There's a class that meet's everyone's time and ability. For more information, westpoint.armymwr.com

Zumba: This class uses a fusion of Latin and International music, which consists of dance themes that create a dynamic, exciting, effective fitness class. The routines taught in this class feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.