

West Point MWR Fitness Center July 2017 Group Exercise Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Hours of Operation <u>Monday-Thursday</u> 5:30am-8:00pm <u>Friday</u> 5:30am-6:00pm <u>Saturday & Sunday</u> 9:00am-5:00pm	 	<u>Group Fitness Coupons</u> ½ hour coupon \$2.50 1 coupon \$5 5 coupons \$25 10+1 free coupon \$50 20+3 free coupons \$100 WELLBEATS Virtual Classes are Free!		**Soo Bahk Do is an 8 session class for \$80. See front desk for details!		1 9:05am Body Pump (Rene)
2 10:30 am Yoga @ Trophy Point (Noreen)	3 9:00 am Spin (Rene) 12:00pm WELLBEATS Fit For Duty 7:00 pm WELLBEATS Bar Strong	4 CLOSED Independence Day	5 5:40am Tour de Paul Prologue: Individual Time Trial 12:00 pm WELLBEATS Yoga 5:45 pm Spin (Shannon)	6 9:00am BodyPump (Rene) 6:10pm Soo Bahk Do** (Kim) Extra fee applies 7:00 pm Barre Express (Julia)	7 5:40am Spin (Paul) 8:00am WELLBEATS Kickbox Conditioning 9:00am Spin (Rene) 10:00 am Tai Chi (Sam) Free	8 8:30 am Yoga @ Trophy Point (Christine) 9:05am Body Pump 10:10am Zumba
9 10:30 am WELLBEATS Yoga	10 9:00 am Spin 12:00pm WELLBEATS Fit For Duty 7:00 pm WELLBEATS Bar Strong	11 9am BodyPump (Rene) 12pm Spin (Rene) 5pm Zumba (Christine) 6:10 Vinyasa Yoga Level I/II (Christine) 7:10pm Soo Bahk Do (Kim)**Extra fee applies	12 5:40am Tour de Paul Flat Stage 12:00 pm WELLBEATS Yoga 5:45 pm Spin	13 9:00 am WELLBEATS Bar Strong 6:10pm Soo Bahk Do** 7:00 pm Barre Express	14 5:40am Spin 8:00am WELLBEATS Kickbox Conditioning 9:00am Spin 10:00 am Tai Chi Free	15 9:05am BodyPump
16 10:30 am WELLBEATS Yoga	17 9:00 am Spin 12:00pm WELLBEATS Fit For Duty 7:00 pm WELLBEATS Bar Strong	18 9:00am BodyPump 12:00pm Spin 5:00pm Zumba 6:10 Vinyasa Yoga Level I/II 7:10pm Soo Bahk Do**	19 5:40am Tour de Paul Mountains: Alps 12:00 pm WELLBEATS Yoga 5:45 pm Spin	20 9:00am BodyPump 6:10pm Soo Bahk Do**	21 5:40am Spin (Paul) 8:00am WELLBEATS Kickbox Conditioning 9:00am Spin 10:00 am Tai Chi Free	22 9:05am BodyPump 10:10am Zumba 11:30 am Yoga
23 10:30 am Yoga @ Trophy Point (Noreen)	24/31 9:00 am Spin 12:00pm WELLBEATS Fit For Duty 7:00 pm WELLBEATS Bar Strong	25 9:00am BodyPump 12pm Spin 5:00pm Zumba 6:10 Vinyasa Yoga Level I/II 7:10pm Soo Bahk Do**	26 5:40am Tour de Paul Individual Time Trial 12:00 pm WELLBEATS Yoga 5:45 pm Spin	27 9:00am BodyPump 6:10pm Soo Bahk Do** 7:00 pm Barre Express	28 5:40am Spin 8:00am WELLBEATS Kickbox Conditioning 9:00am Spin 10:00 am Tai Chi Free	29 8:30 am Yoga @ Trophy Point (Christine) 9:05am BodyPump 10:10am Zumba
30 10:30 am Yoga						

Visit us online! <http://www.westpointmwr.com/fitness>

Class Descriptions

Barre- Barre is high-energy class set to music and designed to lift the seat, tone the body, and strengthen the core. Classes are inspired by the techniques taught in Pilates, physical therapy, yoga, and ballet. Each class is unique and challenges your body by using a series of efficient movements, isometric holds, and isolated stretches to lengthen and tone muscles.

Body Pump- is the original barbell workout that strengthens your entire body! This 60-minute program challenges all your major muscle groups by using the BEST weight room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to **GET THE RESULTS YOU CAME FOR-** and fast!!

Mat Fusion- A 45 minute class for all fitness levels that will flow between common standing and floor exercises found in Yoga and Pilates. Benefits include mindfulness, breathing, increased energy, muscle tone and flexibility along with control, centering and stabilizing of the core, with modifications available for every exercise.

Road Ride- This is Spinning with a twist — think of it as road riding indoors. Workouts aim for breakthroughs in form, fitness and frame of mind, and varying workouts across the year keep classes fresh. Whether you're a novice starting to find fitness, an experienced cyclist honing form, or simply ready to get great a cardio workout without the wear on your knees, getting and staying fit has never been better!

Soo Bahk Do aka Tang Soo Do

New If you've ever thought of learning how to defend yourself more effectively, now is the time. In each 50-minute class, master-level experts in the traditional Korean martial art of Soo Bahk Do will teach you highly effective self-defense techniques and guide you in stretching, breathing, relaxation, balance, endurance and more. Adults only. Register via webtrac <http://tiny.cc/SooBahkDo>. Fee is \$80 for an 8-week session.

Spinning- Experience the best sweat you've ever had while burning 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 & burn fat. **Interval-** challenges the rider to work in their high intensity zones. **Strength-** cycle in your anaerobic zone building lean muscle & power

Turbo Kick Live/PiYo Live- *Turbo Kick Live* combines traditional kickboxing moves with high intensity interval training (HIIT). Workout is set to fun energetic music to make for an unbelievable calorie burn. *PiYo Live* combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements. Continuous movements with awesome music makes for a fun calorie scorcher. All fitness levels welcomed!

Yoga- If strengthening your cardiovascular system, toning and stretching your muscles, and improving your mental fitness are on your to-do list, this is the class for you! Yoga can improve flexibility, strength, balance and stamina. In addition to the physical benefit, people who practice yoga say that it reduces anxiety and stress and improves mental clarity.

WELLBEATS Virtual Group Fitness- a kiosk that offers a variety of classes across a wide range of exercise formats. Classes are segmented into 20, 35 and 50 minute sessions. There's a class that meets everyone's time and ability! Full class details are on our website!

Zumba- ZUMBA is a fusion of Latin and International music - dance themes that create a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. This class is fun!!!

***If you are new to class, we encourage you to arrive early for guidance from instructors.**

*****Classes are subject to change without notice.**