

# West Point MWR Fitness Center

## August 2017 Group Exercise Schedule

| Sunday  | Monday  | Tuesday   | Wednesday  | Thursday  | Friday   | Saturday  |
|---|---|---|--|---|--|---|
| <b>Group Fitness Coupons</b><br>½ hour coupon \$2.50<br>1 coupon \$5<br>5 coupons \$25<br>10+1 free coupon \$50<br>20+3 free coupons \$100<br><br>WELLBEATS Virtual Classes are Free! |   | <b>1</b><br>9am BodyPump (Rene)<br>12pm Spin (Rene)<br>5pm Zumba (Christine)<br>6:10 Vinyasa Yoga Level I/II (Christine)<br>7:10pm Soo Bahk Do (Kim)**Extra fee applies | <b>2</b><br>5:40am Road Ride (Paul)<br><br>12:00 pm WELLBEATS Yoga             | <b>3</b><br>9:00am BodyPump (Rene)<br>6:10pm Soo Bahk Do** (Kim) Extra fee applies<br>7:00 pm Barre Express (Julia) | <b>4</b><br>8:00am WELLBEATS Kickbox Conditioning<br>9:00am Spin (Rene)<br>10:00 am Tai Chi (Sam) Free                 | <b>5</b><br>9:10am Body Pump (Rene)<br><br>10:15am Zumba (Christine)<br><br>11:20 am Yoga (Christine)   |
| <b>6</b><br>10:30 am WELLBEATS Yoga   | <b>7</b><br>9:00 am Spin (Rene)<br><br>12:00pm WELLBEATS Fit For Duty<br><br>7:00 pm WELLBEATS Bar Strong | <b>8</b><br>9am BodyPump<br>12pm Spin<br>5pm Zumba<br>6:10 Vinyasa Yoga Level I/II (Noreen)<br>7:10pm Soo Bahk Do **Extra fee applies                                   | <b>9</b><br>5:40am Road Ride<br><br>12:00 pm WELLBEATS Yoga                    | <b>10</b><br>9:00am BodyPump<br>6:10pm Soo Bahk Do** Extra fee applies  | <b>11</b><br>8:00am WELLBEATS Kickbox Conditioning<br>9:00am Spin (Rene)<br>10:00 am Tai Chi Free                      | <b>12</b><br>8:30 am Yoga @ Trophy Point (Noreen)<br><br>9:10 am Body Pump<br><br>10:15am Zumba (Emilyn)  |
| <b>13</b><br>10:30 am WELLBEATS Yoga  | <b>14</b><br>12:00pm WELLBEATS Fit For Duty<br>7:00 pm WELLBEATS Bar Strong                               | <b>15</b><br>9am BodyPump<br>10:15 GIT Refit (Kathy)<br>12pm Spin<br>5pm Zumba (Emilyn)<br>6:10 Vinyasa Yoga Level I/II<br>7:10pm Soo Bahk Do **Extra fee applies       | <b>16</b><br>5:40am Road Ride<br><br>12:00 pm WELLBEATS Yoga                   | <b>17</b><br>9:00am BodyPump<br>10:15 GIT Refit (Kathy)<br>6:10pm Soo Bahk Do**                                     | <b>18</b><br>5:40am Spin (Lois)<br>8:00am WELLBEATS Kickbox Conditioning<br>9:00am Spin(Lois)<br>10:00 am Tai Chi Free | <b>19</b><br>8:30 am Yoga @ Trophy Point (Noreen)<br><br>9:10 am Body Pump (Lois)<br><br>10:15 am Zumba (Caro)  |
| <b>20</b><br>10:30 am WELLBEATS Yoga  | <b>21</b><br>9:00 am Spin (Lois)<br><br>12:00pm WELLBEATS Fit For Duty<br>7:00 pm WELLBEATS Bar Strong    | <b>22</b><br>9:00am BodyPump<br>10:15 GIT Refit<br>12pm Spin<br>5:00pm Zumba<br>6:10 Vinyasa Yoga Level I/II(Christine)<br>7:10pm Soo Bahk Do**                         | <b>23</b><br>5:40am Road Ride<br><br>12:00 pm WELLBEATS Yoga                   | <b>24</b><br>9:00am BodyPump<br>10:15 GIT Refit<br>6:10pm Soo Bahk Do**<br>7:00 pm Barre Express                    | <b>25</b><br>5:40am Spin<br>8:00am WELLBEATS Kickbox Conditioning<br>9:00am Spin (Rene)<br>10:00 am Tai Chi Free       | <b>26</b><br>8:00 am Ring Run @ West Point Club<br>9:10am BodyPump (Rene)<br>10:15am Zumba<br>11:20 am Yoga (Christine)                                 |
| <b>27</b><br>10:30 am WELLBEATS Yoga  | <b>28</b><br>9:00 am Spin (Rene)<br>12:00pm WELLBEATS Fit For Duty<br>7:00 pm WELLBEATS Bar Strong        | <b>29</b><br>9:00am BodyPump<br>10:15 GIT Refit<br>12pm Spin<br>5:00pm Zumba<br>6:10 Vinyasa Yoga Level I/II<br>7:10pm Soo Bahk Do**                                    | <b>30</b><br>5:40am Road Ride<br>9:00am Spin (Lois)<br>12:00 pm WELLBEATS Yoga | <b>31</b><br>9:00am BodyPump<br>10:15 GIT Refit<br>6:10pm Soo Bahk Do**   | <b>**Soo Bahk Do is an 8 session class for \$80. See front desk for details!</b>                                       | <b>Hours of Operation</b><br><u>Monday-Thursday</u><br>5:30am-8:00pm<br><u>Friday</u><br>5:30am-6:00pm<br><u>Saturday &amp; Sunday</u><br>9:00am-5:00pm |

### 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.**

