



Group Fitness

October

Hours:
Mon - Thurs
5:30AM - 8PM
Friday
5:30AM - 6PM
Sat & Sun
9AM - 5PM



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 WELLBEATS Yoga 10:30am 	2 - Spin 9am (Rene) - WELLBEATS Fit for Duty 12pm - GIT Refit 7 pm (Kathy)	3 5:40am Barre Express (Julia) - Body Pump 9am (Rene) - Mat Fusion 10:10am (Lois) - Spin 12pm(Lois) - Zumba 5pm (Christine) - Vinyasa Yoga Level 1/2 6:10pm (Christine) - Soo Bahk Do 7:10pm (Kim) **	4 - Road Ride 5:40am (Paul) - Spin 9:00 am (Lois) 10:15 GIT Refit (Kathy) - WELLBEATS Yoga 12pm	5 - Body Pump 9am - Soo Bahk Do 6:10pm (Kim) **fee applies - Barre Express 7pm (Julia)	6 - WELLBEATS Kickboxing 8am - Spin 9am (Rene) - Tai Chi 10am (Sam) *Free	7 Body Pump 9:10am (Rene)
8 Yoga 10:30am (Noreen)	9 CLOSED Columbus Day	10 5:40am Barre Express - Body Pump 9am - Mat Fusion 10:10am - Spin 12pm - Zumba 5pm - Vinyasa Yoga Level 1/2 6:10pm - Soo Bahk Do 7:10pm **	11 - Road Ride 5:40am - Spin 9:00 am 10:15 GIT Refit - WELLBEATS Yoga 12pm	12 - Body Pump 9am - Soo Bahk Do 6:10pm **fee applies - Barre Express 7pm	13 - Spin 5:40am (Lois) - WELLBEATS Kickboxing 8am - Spin 9am - Tai Chi 10am *Free 	14 CLOSED Home Football Game
15 - Spin 9:15am (Lois) - Yoga 10:30am 	16 - Speed Cycle 5:40am (Julia) - Spin 9am - WELLBEATS Fit for Duty 12pm - GIT Refit 7 pm	17 5:40am Barre Express - Body Pump 9am - Mat Fusion 10:10 - Spin 12pm - Zumba 5pm - Vinyasa Yoga Level 1/2 6:10pm - Soo Bahk Do 7:10pm	18 - Road Ride 5:40am - Spin 9am 10:15 GIT Refit - WELLBEATS Yoga 12pm	19 - Body Pump 9am - Barre Express 7pm	20 - Spooky Spin 5:40am - WELLBEATS Kickboxing 8am - Spin 9am - Tai Chi 10am *Free	21 CLOSED Home Football Game
22 - Spin 9:15am - Yoga 10:30 am	23 - Speed Cycle 5:40am - Spin 9am - WELLBEATS Fit for Duty 12pm - GIT Refit 7 pm	24 5:40am Barre Express - Body Pump 9am - Mat Fusion 10:10am - Spin 12p - Zumba 5pm - Vinyasa Yoga Level 1/2 6:10pm	25 - Road Ride 5:40am - Spin 9am - GIT Refit 10:15 - WELLBEATS Yoga 12pm	26 - Body Pump 9am - Barre Express 7pm	27 - Spooky Spin 5:40am - WELLBEATS Kickboxing 8am - Spin 9am - Tai Chi 10am *Free	28 - Jack-o-Lantern Jog 5k 8:00 am - Body Pump 9:10am - Zumba 10:15am (Christine) - Yoga 11:20am (Christine)
29 WELLBEATS Yoga 10:30 am 	30 - Speed Cycle 5:40am - Spin 9am 10:15 GIT Refit - WELLBEATS Fit for Duty 12pm - GIT Refit 7pm	31 5:40am Barre Express - Body Pump 9am - Mat Fusion 10:10am - Spin 12p - Zumba 5pm - Vinyasa Yoga Level 1/2 6:10pm	 Check westpoint.armymwr.com for updates, classes and events going on around West Point.			*Classes are subject to change without notice.

Class Descriptions

Barre: A high-energy class set to music and designed to lift the seat, tone the body, and strengthen the core. Classes are inspired by 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: This 60-minute program challenges all your major muscle groups by using a barbell and exercises like squats, presses, lifts, and curls.

G.I.T. Refit: GIT (Get it Toned) is an energetic, fast paced class that incorporates strength training, cardio and Tabata, the ever popular interval workout that paces 20 seconds work with 20 seconds rest, while you rotate through circuits of varying exercise stations. Each class ends with a relaxing cool down with stretches and yoga. All levels welcome.

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 the core. Modifications available.

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.

Soo Bahk Do (Tang Soo Do): In each 50-minute class, master-level experts will teach you highly effective self-defense techniques and guide you in stretching, breathing, relaxation, balance, endurance and more. Adults only. Fee is for an 8-week session. Register: tiny.cc/SooBahkDo

Spinning: 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 is the class! Yoga, improves flexibility, strength, balance, and stamina. It can also reduce anxiety and stress, and can improve mental clarity.

WELLEBEATS 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 feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

Speed Cycle is a high energy 45 minute indoor cycling class accompanied by a unique playlist of powerful and energizing music. Speed Cycle incorporates sprints, intervals, weights, and awesome music. Come on in for a fun ride and a good sweat!

Fitness Coupons

- 1/2 Hour Coupon: \$2.50
- 1 Hour Coupon: \$5
- 5 Hour Coupon: \$25
- 10 + 1 Free Hour Coupon: \$50
- 20 + 3 Free Hours Coupon: \$100

WELLBEATS Virtual Classes are Free!

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



Fitness Center Calendar October 2017

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