

# Group Fitness O



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>*Pre-registration required</b></p> <p><b>*Unvaccinated personnel must wear a mask during class.</b></p>			<ul style="list-style-type: none"> <li>• <b>Spin w/ Rene</b> @8:45am</li> </ul>		<p><b>*Classes are subject to change without notice.</b></p> <p><b>**If you are new to class, we encourage you to arrive early for guidance from our instructors.</b></p>	
	CLOSED Labor Day		<ul style="list-style-type: none"> <li>• <b>Spin w/ Rene</b> @8:45am</li> </ul>			CLOSED Army Home Football Game
			<ul style="list-style-type: none"> <li>• <b>Spin w/ Rene</b> @8:45am</li> </ul>			CLOSED Army Home Football Game
	2	2	2	2	2	2
	<ul style="list-style-type: none"> <li>• <b>Zumba w/ Ginella</b> @12:00pm</li> </ul>		<ul style="list-style-type: none"> <li>• <b>Spin w/ Rene</b> @8:45am</li> <li>• <b>RIPPED (HIIT)</b> w/ Ginella @5:15pm</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Cycle w/ Ginella</b> @12:00pm</li> </ul>		CLOSED Army Home Football Game
2	28	29	30			<p><b>Hours</b></p> <p><b>Mon. - Thurs.</b> 5:30AM - 8PM</p> <p><b>Friday</b> 5:30AM - 6PM</p> <p><b>Sat. &amp; Sun.</b> 9AM - 5PM</p>
	<ul style="list-style-type: none"> <li>• <b>Zumba w/ Ginella</b> @12:00pm</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Spin w/ Rene</b> @8:45am</li> <li>• <b>RIPPED (HIIT)</b> w/ Ginella @5:15pm</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Cycle w/ Ginella</b> @12:00pm</li> </ul>			

## Class Descriptions

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**Spin/Cycle:** 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 aer-obic 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.

**RIPPED:** R.I.P.P.E.D. is an acronym. The letters represent different sections of the class, which includes: Resistance, Intervals, Power, Plyometrics, Endurance, and Diet. Regular R.I.P.P.E.D. participants achieve undeniable, ultimate results in minimal time, boasting 750-1000 calories burned in just 50 minutes! Plus, the class can help you: improve heart and lung health, strengthen muscles and bones, reduce risk of osteoporosis, improve posture, coordination, agility, and flexibility, stimulate your brain, improve energy, and promote weight loss. This class is for everyone. There are low- and high-level options for each section of the workout.

**Zumba:** A fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training - alternating fast and slow rhythms to improve cardiovascular fitness. Benefits: A total workout, combining all the elements of fitness - cardio, muscle conditioning, balance and flexibility, boosted energy, and a serious dose of awesome each time you leave class!

**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, please visit: [west-point.armymwr.com](http://west-point.armymwr.com) (*No Fee*)