



# Group Fitness

## May

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



| Sunday                                                                                                                                                                                                                                      | Monday                                                                                                                                          | Tuesday                                                                                                                                                                                                                     | Wednesday                                                                                                                                                                                                                                 | Thursday                                                                                                                                               | Friday                                                                                                                                                                                                                 | Saturday                                                                                                                                                                                    |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <div></div> <div>Check <a href="https://westpoint.armymwr.com">westpoint.armymwr.com</a> for updates, classes and events going on around West Point.</div> |                                                                                                                                                 | <div>1</div> <ul style="list-style-type: none"><li>Cycle/Barre Combo Cycle 5:40am (Julia)</li><li>Body Pump (Rene) 9am</li><li>Soo Bahk Do 7:10pm **</li></ul>                                                              | <div>2</div> <ul style="list-style-type: none"><li>Road Ride 5:40am (Paul)</li><li>Spin 9:00 am (Lois)</li><li>WELLBEATS Yoga 12pm</li></ul> <div></div> | <div>3</div> <ul style="list-style-type: none"><li>Body Pump 9am (Rene)</li><li>Soo Bahk Do 6:10pm (Kim) **</li></ul>                                  | <div>4</div> <ul style="list-style-type: none"><li>Spin 5:40am (Lois)</li><li>Spin 9am (Rene)</li><li>Tai Chi 10am (Sam) *Free</li></ul>                                                                               | <div>5</div> <ul style="list-style-type: none"><li>Body Pump 9:10am (Rene)</li></ul>                                                                                                        |
| <div>6</div> <ul style="list-style-type: none"><li>Spin 9:15am (Lois)</li><li>Yoga @ <i>Trophy Point</i> 10:30am (Noreen)</li></ul> <div></div>           | <div>7</div> <ul style="list-style-type: none"><li>Spin 9am (Rene)</li><li>WELLBEATS Fit for Duty 12pm</li><li>GIT Refit 7 pm (Kathy)</li></ul> | <div>8</div> <ul style="list-style-type: none"><li>Cycle/Barre Combo Cycle 5:40am</li><li>Zumba 5pm (Christine)</li><li>Vinyasa Yoga Level 1/2 6:10pm (Christine)</li><li>Soo Bahk Do 7:10pm **</li></ul>                   | <div>9</div> <ul style="list-style-type: none"><li>Road Ride 5:40am</li><li>Spin 9 am</li><li>WELLBEATS Yoga 12pm</li><li>PiYo 6pm (Shannon)</li></ul>                                                                                    | <div>10</div> <ul style="list-style-type: none"><li>Body Pump 9am</li><li>Soo Bahk Do 6:10pm **</li><li>“Glow” Cycle/Barre Combo 7pm (Julia)</li></ul> | <div>11</div> <ul style="list-style-type: none"><li>Spin 5:40am</li><li>Spin 9am</li><li>Tai Chi 10am *Free</li></ul> <div></div> | <div>12</div> <ul style="list-style-type: none"><li>Yoga @ <i>Trophy Point</i> 9 am (Christine)</li></ul>                                                                                   |
| <div>13</div> <ul style="list-style-type: none"><li>Spin 9:15am</li><li>Yoga 10:30am</li></ul>                                                                                                                                              | <div>14</div> <ul style="list-style-type: none"><li>Spin 9am</li><li>WELLBEATS Fit for Duty 12pm</li><li>GIT Refit 7 pm</li></ul>               | <div>15</div> <ul style="list-style-type: none"><li>Cycle/Barre Combo Cycle 5:40am</li><li>Body Pump 9am</li><li>Zumba 5pm</li><li>Vinyasa Yoga Level 1/2 6:10pm</li><li>Soo Bahk Do 7:10pm **</li></ul>                    | <div>16</div> <ul style="list-style-type: none"><li>Road Ride 5:40am</li><li>Spin 9 am</li><li>WELLBEATS Yoga 12pm</li><li>PiYo 6pm</li></ul>                                                                                             | <div>17</div> <ul style="list-style-type: none"><li>Body Pump 9am</li><li>Soo Bahk Do 6:10pm **</li><li>Cycle/Barre Combo 7pm</li></ul>                | <div>18</div> <ul style="list-style-type: none"><li>Spin 5:40am</li><li>Spin 9am</li><li>Tai Chi 10am *Free</li></ul>                                                                                                  | <div>19</div> <ul style="list-style-type: none"><li>Body Pump 9:10am</li><li>Cycle/Barre Combo 10:15 am</li></ul> <div><i>Armed Forces Day 5k Trail Run/Ruck 8 am @ Patrick Trail</i></div> |
| <div>20</div> <ul style="list-style-type: none"><li>Spin 9:15am</li><li>Yoga @ <i>Trophy Point</i> 10:30 am</li></ul> <div></div>                         | <div>21</div> <ul style="list-style-type: none"><li>Spin 9am</li><li>WELLBEATS Fit for Duty 12pm</li><li>GIT Refit 7 pm</li></ul>               | <div>22</div> <ul style="list-style-type: none"><li>Cycle/Barre Combo 5:40am</li><li>Body Pump 9am</li><li>Spin 12pm (Rene)</li><li>Zumba 5pm</li><li>Vinyasa Yoga Level 1/2 6:10pm</li><li>Soo Bahk Do 7:10pm **</li></ul> | <div>23</div> <ul style="list-style-type: none"><li>Road Ride 5:40am</li><li>Spin 9am</li><li>WELLBEATS Yoga 12pm</li><li>PiYo 6pm</li></ul>                                                                                              | <div>24</div> <ul style="list-style-type: none"><li>Body Pump 9am</li><li>Soo Bahk Do 6:10pm **</li><li>Cycle/Barre Combo 7pm</li></ul>                | <div>25</div> <ul style="list-style-type: none"><li>Spin 5:40am</li><li>Spin 9am (Lois)</li><li>Tai Chi 10am *Free</li></ul>                                                                                           | <div>26</div> <div>CLOSED</div> <div>USMA Graduation</div>                                                                                                                                  |
| <div>27</div>                                                                                                                                                                                                                               | <div>28</div> <div>CLOSED</div> <div>Memorial Day</div>                                                                                         | <div>29</div> <ul style="list-style-type: none"><li>Cycle/Barre Combo 5:40am</li><li>Body Pump 9am</li><li>Spin 12pm</li><li>Zumba 5pm</li><li>Vinyasa Yoga Level 1/2 6:10pm</li><li>Soo Bahk Do 7:10pm **</li></ul>        | <div>30</div> <ul style="list-style-type: none"><li>Road Ride 5:40am</li><li>Spin 9am</li><li>WELLBEATS Yoga 12pm</li><li>PiYo 6pm</li></ul>                                                                                              | <div>31</div> <ul style="list-style-type: none"><li>Body Pump 9am</li><li>Soo Bahk Do 6:10pm **</li><li>Cycle/Barre Combo 7pm</li></ul>                |                                                                                                                                                                                                                        |                                                                                                                                                                                             |

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.

**PIYo:** A mat-based formatted class designed for people who like to sweat and burn calories! Inspired by Yoga and Pilates using focus, flow, and fusion style movements, as it incorporates dynamic balance, strength, flexibility, and functional training in a rhythmic style. Suitable for all levels!

**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](http://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.

**WELLBEATS Virtual Group Fitness:** *FREE* 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](http://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.

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

## May 2018

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



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