

Group Fitness November



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Hours: Mon - Thurs 5:30AM - 8PM Friday 5:30AM - 6PM Sat & Sun 9AM - 5PM	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!	*Classes are subject to change without notice. **If you are new to class, we encourage you to arrive early for guidance from our instructors.		1 <ul style="list-style-type: none"> Body Pump 9am (Rene') Tai Chi 5pm (Sam) *Free 	2 <ul style="list-style-type: none"> Spin 5:40am (Lois) Total Body Boot Camp 9am (Jules) Tai Chi 10:10am (Sam) *Free 	3 CLOSED Football Game
4	5 <ul style="list-style-type: none"> Spin 9am (Rene) WELLBEATS Fit for Duty 12pm GIT Refit 7 pm (Kathy) 	6 <ul style="list-style-type: none"> 5:40am Cycle/ Barre Combo (Julia/Kristi) Body Pump 9am (Rene') Zumba 5pm (Christine) Vinyasa Yoga Level 1/2 6:05pm (Christine) 	7 <ul style="list-style-type: none"> Road Ride 5:40am (Paul) Spin 9:00 am (Lois) Total Body Boot Camp Express 12pm (Jules) 30 min 	8 <ul style="list-style-type: none"> Body Pump 9am Tai Chi 5pm *Free 	9 <ul style="list-style-type: none"> Spin 5:40am Total Body Boot Camp 9am Tai Chi 10:10am *Free 	10 CLOSED Football Game
11 <ul style="list-style-type: none"> Yoga 9:15 am 	12 CLOSED Veteran's Day	13 <ul style="list-style-type: none"> 5:40am Cycle/ Barre Combo Body Pump 9am Vinyasa Yoga Level 1/2 6:05pm 	14 <ul style="list-style-type: none"> Road Ride 5:40am Spin 9am Total Body Boot Camp Express 12pm 	15 <ul style="list-style-type: none"> Body Pump 9am Tai Chi 5pm *Free 	16 <ul style="list-style-type: none"> Spin 5:40am Total Body Boot Camp 9am Tai Chi 10:10am *Free 	17 CLOSED Football Game
18 <ul style="list-style-type: none"> Yoga 9:15 am 	19 <ul style="list-style-type: none"> Spin 9am WELLBEATS Fit for Duty 12pm GIT Refit 7 pm 	20 <ul style="list-style-type: none"> 5:40am Cycle/ Barre Combo Body Pump 9am Zumba 5pm Vinyasa Yoga Level 1/2 6:05pm 	21 <ul style="list-style-type: none"> Road Ride 5:40am Turkey Burner Spin 9am Total Body Boot Camp Express 12pm 	22 CLOSED Thanksgiving Day	23 Holiday Hours 6:30 am– 3:00 pm <ul style="list-style-type: none"> Black Friday Spin 9:00am (Lois) 	24 <ul style="list-style-type: none"> Spin 10:15am (Lois)
25 <ul style="list-style-type: none"> Yoga 9:15 am 	26 <ul style="list-style-type: none"> WELLBEATS Fit for Duty 12pm GIT Refit 7pm 	27 <ul style="list-style-type: none"> 5:40am Cycle/ Barre Combo Body Pump 9am Vinyasa Yoga Level 1/2 6:05pm (Noreen) 	28 <ul style="list-style-type: none"> Road Ride 5:40am Turkey Burner Spin 9am Total Body Boot Camp Express 12pm 	29 <ul style="list-style-type: none"> Body Pump 9am Tai Chi 5pm *Free 	30 <ul style="list-style-type: none"> Spin 5:40am Total Body Boot Camp 9am Tai Chi 10:10am *Free 	

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.

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.

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!

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.

Total Body Bootcamp: A high energy boot camp style class with a focus on functional movement and total body fitness. Workouts include a mix of body weight exercises, dumbbells, kettlebells, TRX suspension training, and high intensity interval training. All workouts are scalable for all fitness and ability levels.

Yoga: Strengthen your cardiovascular system, tone and stretch your muscles, and improve your mental fitness in this class! Yoga, improves flexibility, strength, balance, and stamina.

It can also reduce anxiety and stress, and can improve mental clarity.

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, 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 taught in this class feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.