

Group Fitness December



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"> Spin 10:15am (Lois)
2	3	4	5	6	7	8
<ul style="list-style-type: none"> Yoga 9:15 am (Noreen) 	<ul style="list-style-type: none"> WELLBEATS Fit for Duty 12pm GIT Refit 7 pm (Kathy) 	<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) 	<ul style="list-style-type: none"> Road Ride 5:40am (Lois) Spin 9:00 am (Lois) Total Body Boot Camp Express 12pm (Jules) 30 min 		<ul style="list-style-type: none"> Spin 5:40am (Lois) Total Body Boot Camp 9am (Jules) Tai Chi 10:10am (Sam) *Free 	<ul style="list-style-type: none"> Spin 10:15am
9	10	11	12	13	14	15
	<ul style="list-style-type: none"> Spin 9am (Kristi) WELLBEATS Fit for Duty 12pm GIT Refit 7 pm 	<ul style="list-style-type: none"> 5:40am Cycle/Barre Combo Body Pump 9am Vinyasa Yoga Level 1/2 6:05pm 	<ul style="list-style-type: none"> Road Ride 5:40am Spin 9am Total Body Boot Camp Express 12pm 	<ul style="list-style-type: none"> Body Pump 9am 	<ul style="list-style-type: none"> Spin 5:40am Total Body Boot Camp 9am Tai Chi 10:10am *Free 	<ul style="list-style-type: none"> Body Pump 9:10am (Rene') Spin 10:15am
16	17	18	19	20	21	22
	<ul style="list-style-type: none"> Spin 9am (Kristi) WELLBEATS Fit for Duty 12pm GIT Refit 7 pm 	<ul style="list-style-type: none"> 5:40am Cycle/Barre Combo Body Pump 9am (Lois) Vinyasa Yoga Level 1/2 6:05pm 	<ul style="list-style-type: none"> Road Ride 5:40am Reindeer Ride Spin 9am Total Body Boot Camp Express 12pm 	<ul style="list-style-type: none"> Body Pump 9am 	<ul style="list-style-type: none"> Reindeer Ride Spin 5:40am Total Body Boot Camp 9am Tai Chi 10:10am *Free 	<ul style="list-style-type: none"> Body Pump 9:10am (Rene') Reindeer Ride Spin 10:15am
23	24	25	26	27	28	29
	<u>OPEN 6:30am-3pm</u> <ul style="list-style-type: none"> Spin 9am (Rene') WELLBEATS Fit for Duty 12pm 	CLOSED Christmas Day		<ul style="list-style-type: none"> Body Pump 9am 	<ul style="list-style-type: none"> Tai Chi 10:10am *Free 	
30	31					
	<u>OPEN 6:30am-3pm</u> <ul style="list-style-type: none"> Spin 9am (Rene') WELLBEATS Fit for Duty 12pm 					

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.

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.