

Group Fitness August



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 <i>WELLBEATS Virtual Classes are Free!</i>	*Classes are sub- ject to change without notice. **If you are new to class, we en- courage you to arrive early for guidance from our instructors.		1 <ul style="list-style-type: none"> Body Pump 9am (Rene') 	2	3 <ul style="list-style-type: none"> Trophy Point Yoga 9 am (Noreen)
4	5 <ul style="list-style-type: none"> Spin 9am (Rene') WELLBEATS Fit for Duty 12pm 	6 <ul style="list-style-type: none"> Body Pump 9am (Rene') Zumba 5 pm (Christine) Tai Chi 7 pm (Sam) *Free 	7 <ul style="list-style-type: none"> Spin Basics 101– Bosu (Paul) 5:40am Hatha Yoga 6:30 pm (Sami) 	8	9	10
11	12 <ul style="list-style-type: none"> Spin 9am WELLBEATS Fit for Duty 12pm Hatha Yoga 6:30 pm (Sami) 	13 <ul style="list-style-type: none"> Body Pump 9am Zumba 5 pm Tai Chi 7 pm *Free 	14 <ul style="list-style-type: none"> Spin Basics 101– Bosu 5:40am Hatha Yoga 6:30pm 	15	16	17 <ul style="list-style-type: none"> Trophy Point Yoga 9 am (Christine)
18	19 <ul style="list-style-type: none"> Spin 9am WELLBEATS Fit for Duty 12pm Hatha Yoga 6:30 pm 	20 <ul style="list-style-type: none"> Body Pump 9am Zumba 5 pm Tai Chi 7 pm *Free 	21 <ul style="list-style-type: none"> Spin Basics 101– Bosu 5:40am Spin 9:00 am (Lois) Hatha Yoga 6:30pm 	22	23	24
25	26 <ul style="list-style-type: none"> Spin 9am WELLBEATS Fit for Duty 12pm Hatha Yoga 6:30 pm 	27 <ul style="list-style-type: none"> Body Pump 9am Tai Chi 7 pm *Free 	28 <ul style="list-style-type: none"> Spin Basics 101– Bosu 5:40am Spin 9:00 am Hatha Yoga 6:30pm 	29	30	31 <ul style="list-style-type: none"> Trophy Point Yoga 9 am (Noreen)

Class Descriptions

Body Pump: This 60-minute program challenges all your major muscle groups by using a barbell and exercises like squats, presses, lifts, and curls.

Get it Toned: 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.

Spin Basics 101: Join class leader Paul as we look at everything in and out of the saddle, from good fit, to good position, to good form. This class is about building performance from wherever you are today.

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

Hatha Yoga: Hatha is traditional all levels yoga class with a predictable routine that allows practitioners to explore and deepen poses.

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.