

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 <i>WELLBEATS Virtual Classes are Free!</i> <i>Mindful Living Work- shop \$20</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	2	3	4	5	6	7
		<ul style="list-style-type: none"> Body Pump 9am (Rene') Mindful Living Workshop 10:15 am \$10 (Punita) Zumba 5 pm (Christine) 	<ul style="list-style-type: none"> Spin Basics 101– Bosu (Paul) 5:40am Spin 9:00 am (Lois) 	<ul style="list-style-type: none"> Body Pump 9am (Rene') 	<ul style="list-style-type: none"> Spin 5:40 am (Lois) Gentle Yoga 5 pm (Christine) **Advance sign up required! 	
8	9	10	11	12	13	14
		<ul style="list-style-type: none"> Body Pump 9am Mindful Living Workshop 10:15 am \$10 Zumba 5 pm 	<ul style="list-style-type: none"> Spin Basics 101– Bosu 5:40am Spin 9:00 am 	<ul style="list-style-type: none"> Body Pump 9am 	<ul style="list-style-type: none"> Army/Navy Ball Ride 5:40 am Gentle Yoga 5 pm **Advance sign up required! 	
15	16	17	18	19	20	21
		<ul style="list-style-type: none"> Body Pump 9am Mindful Living Workshop 10:15 am \$10 Zumba 5 pm 	<ul style="list-style-type: none"> Spin Basics 101– Bosu 5:40am 	<ul style="list-style-type: none"> Body Pump 9am 	<ul style="list-style-type: none"> Reindeer Ride 5:40 am Reindeer Ride 9am Gentle Yoga 5 pm **Advance sign up required! 	
22/29	23	24	25	26	27	28
	<ul style="list-style-type: none"> Reindeer Ride 9am 	CLOSED 31 OPEN 6:30am-3:00pm <ul style="list-style-type: none"> Body Pump 9am Mindful Living Workshop 10:15 am \$10 	CLOSED Christmas	<ul style="list-style-type: none"> Body Pump 9am 	<ul style="list-style-type: none"> Gentle Yoga 5 pm **Advance sign up required! 	
	30					

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.

Core & More: Core & More is a 30 minute class that will focus on strengthening the abdominals, glutes, back, and hips. Core conditioning is vital for stability, good posture, and everyday activities whether your health and fitness goals are novice or advanced.

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.

Spin: 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.

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.