

# Group Fitness February



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Hours:</b> Mon - Thurs 5:30AM - 8PM  Friday 5:30AM - 6PM  Sat & Sun 9AM - 5PM	<b>Fitness Coupons</b> 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 \$10</i>					<b>*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.</b>
2	3	4	5	6	7	8
<i>*Buffalo Soldier            Pavilion is located            next to the Vet Clinic</i>	<ul style="list-style-type: none"> <li>Mindful Living Workshop 5:00pm \$10 (Punita) <i>*at Buffalo Soldier Pavilion</i></li> <li>Spin Basics 101– Winter Training 5:40pm (Paul)</li> </ul>	<ul style="list-style-type: none"> <li>Zumba 5 pm (Christine)</li> </ul>	<ul style="list-style-type: none"> <li>Spin Basics 101– Winter Training (Paul) 5:40am</li> <li>Spin 9:00 am (Lois)</li> </ul>	<ul style="list-style-type: none"> <li>Body Pump 9am (Rene')</li> </ul>	<ul style="list-style-type: none"> <li>Spin 5:40 am (Lois)</li> </ul>	
9	10	11	12	13	14	15
	<ul style="list-style-type: none"> <li>Mindful Living Workshop 5:00pm \$10 <i>*Buffalo Soldier Pavilion</i></li> <li>Spin Basics 101– Winter Training 5:40pm</li> </ul>	<ul style="list-style-type: none"> <li>Zumba 5 pm</li> </ul>	<ul style="list-style-type: none"> <li>Spin Basics 101– Winter Training 5:40am</li> <li>Stupid Cupid Spin 9:00 am</li> </ul>	<ul style="list-style-type: none"> <li>Body Pump 9am</li> </ul>	<ul style="list-style-type: none"> <li>Spin 5:40 am</li> </ul>	
16	17	17	19	20	21	22
	<b>CLOSED</b>  <b>Presidents Day</b>	<ul style="list-style-type: none"> <li>Body Pump 9am (Rene')</li> <li>Zumba 5 pm</li> </ul>	<ul style="list-style-type: none"> <li>Spin Basics 101– Winter Training 5:40am</li> <li>Mardi Gras Spin- Let the good times ROLL 9:00 am</li> </ul>	<ul style="list-style-type: none"> <li>Body Pump 9am</li> </ul>	<ul style="list-style-type: none"> <li>Mardi Gras Spin 5:40 am</li> </ul>	
23	24	25	26	27	28	29
	<ul style="list-style-type: none"> <li>Spin Basics 101– Winter Training 5:40pm</li> </ul>	<ul style="list-style-type: none"> <li>Body Pump 9am</li> <li>Zumba 5 pm</li> </ul>	<ul style="list-style-type: none"> <li>Spin Basics 101– Winter Training 5:40am</li> <li>Leap Year Spin 9:00 am</li> </ul>	<ul style="list-style-type: none"> <li>Body Pump 9am</li> </ul>	<ul style="list-style-type: none"> <li>Leap Year Spin 5:40 am</li> </ul>	

## Class Descriptions

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

**Boot Camp:** This class is a high intensity kick-start to your New Year fitness goals! Set yourself up for success with a weekly dose of butt kicking workouts in a motivating group atmosphere. Variety of equipment used; TRX, barbells, kettlebells and more.

**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: Winter Training:** Fitness is borne in the dark of winter — Join Paul and use this key season to build your aerobic base and strength, and set the foundation for an amazing 2020!

**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.