## MWR FITNESS CENTER CLASS CALENDAR

# **DECEMBER 2021**

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
HOURS:			1	2	3	4	
MONDAY-THURSDAY 5:30AM – 8:00PM FRIDAY 5:30AM – 6:00PM SATURDAY AND SUNDAY 9:00AM – 5:00PM			SPIN (Rene`) @8:00AM FUNCTIONAL FITNESS (Anthony) @9:00AM	<b>RIPPED</b> (Ginella) @5:15PM	FUNCTIONAL FITNESS (Anthony) @9:00AM		
5	6	7	8	9	10	11	
	ZUMBA(Ginella) @12:00 PM FUNCTIONAL FITNESS (Anthony) @9:00AM	<b>CYCLE</b> (Ginella) @12:00PM	SPIN (Rene`) @8:00AM FUNCTIONAL FITNESS (Anthony) @9:00AM	YOGA VINYASA FLOW (Sue) @8:00AM RIPPED (Ginella) @5:15PM	FUNCTIONAL FITNESS (Anthony) @9:00AM	<b>ZUMBA</b> (Ginella) @9:15AM	
12	13	14	15	16	17	18	
	ZUMBA(Ginella) @12:00 PM FUNCTIONAL FITNESS (Anthony) @9:00AM		SPIN (Rene`) @8:00AM FUNCTIONAL FITNESS (Anthony) @9:00AM	YOGA VINYASA FLOW (Sue) @8:00AM RIPPED (Ginella) @5:15PM	FUNCTIONAL FITNESS (Anthony) @9:00AM		
19	20	21	22	23	24	25	
	ZUMBA(Ginella) @12:00 PM FUNCTIONAL FITNESS (Anthony) @9:00AM	<b>CYCLE</b> (Ginella) @12:00PM	SPIN (Rene`) @8:00AM FUNCTIONAL FITNESS (Anthony) @9:00AM	YOGA VINYASA FLOW (Sue) @8:00AM	<u>CLOSED</u> Christmas Eve	<u>CLOSED</u> Christmas Day	
26	27	28	29	30	31		
	ZUMBA(Ginella) @12:00 PM FUNCTIONAL FITNESS (Anthony) @9:00AM	CYCLE (Ginella) @12:00PM	SPIN (Rene`) @8:00AM FUNCTIONAL FITNESS (Anthony) @9:00AM	YOGA VINYASA FLOW (Sue) @8:00AM	CLOSED New Year's Eve		
				PLEASE NOTE:			
				$\Rightarrow$ Classes are subject to change without notice.			
				⇒ Pre-registration is recommended. ⇒ If you are new to a class, please arrive early for instructor guidance.			
				⇒ Unvaccinated patrons must wear a mask during class.			
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## FITNESS CLASS DESCRIPTION

### Spin/Cycle

Burn 400-700 calories in this intense spin/cycle class that will be sure to give an athletic ride with a variety of drills and riving music. Classes consist of three energy zones – endurance: builds aerobic threshold and burn fat, interval: challenges the rider to work in their high intensity zones, and strengthen: cycle in anaerobic zone building lean muscle and increasing power.

#### Yoga Vinyasa Flow

This open class incorporates energizing postures that build strength, stamina, flexibility, and balance. Will get the heart rate up yet at the same time leaving you feel relaxed in your body, mind & soul.

#### RIPPED

 R.I.P.P.E.D. is an acronym in which each letter represents different sections of the class – Resistance, Intervals, Power, Plyometric, Endurance, and Diet.
 Regular RIPPED participants achieve undeniable, ultimate results in minimal time, boasting 750–1000 calories burned in just 50 minutes! This class is for everyone. There are low and high level options for each section of the workout.

#### Zumba

A fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training – alternating fast and slow rhythms to improve cardiovascular fitness. Benefits: a total workout combining all the elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy, and a serious dose of awesome each time you leave class.

#### **Functional Fitness**

Functional Fitness is a training methodology that prepares the body for real life movements and activities. It trains your muscles to work together and prepares them for daily tasks by simulating common movements you might do at home, at work, or in sports.

AQUATICS





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