

MWR FITNESS CLASS CALENDAR NOVEMBER 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3 Spin (Rene') @8:00am	4 Yoga Vinyasa Flow (Sue) @8:00am RIPPED (Ginella) @5:15pm	5	6
7	8 Zumba (Ginella) @12:00pm	9 Cycle (Ginella) @12:00pm	10	11 CLOSED VETERANS DAY	12	13 CLOSED ARMY HOME FOOTBALL GAME
14	15 Zumba (Ginella) @12:00pm	16 Cycle (Ginella) @12:00pm	17 Spin (Rene') @8:00am	18 Yoga Vinyasa Flow (Sue) @8:00am RIPPED (Ginella) @5:15pm	19	20 CLOSED ARMY HOME FOOTBALL GAME
21	22 Zumba (Ginella) @12:00pm	23 Cycle (Ginella) @12:00pm	24 Spin (Rene') @8:00am	25 CLOSED THANKSGIVING DAY	26 OPEN 9:00am – 5:00pm	27 Zumba (Ginella) @9:15am
28	29 Zumba (Ginella) @12:00pm	30 Cycle (Ginella) @12:00pm				
HOURS Mon. – Thurs. 5:30am - 8:00pm Friday 5:30am – 6:00pm Sat. & Sun. 9:00am – 5:00pm				Please Note: ♦ Classes are subject to change without notice. ♦ Pre-registration is required. ♦ 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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(845) 938-6490





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.

WELLBEATS

Free virtual classes that are segmented into 20, 35, and 50 minute sessions. There's a class that meets everyone's time and ability.



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