

FMWR FITNESS CALENDAR FOR MARCH 2010

Hours of Operation: Monday-Friday 5:30 a.m.-8:30 p.m., Saturday 7:00 a.m.-2:00 p.m., Sunday 12:00 p.m.-6:00 p.m.
Please visit our website: <http://www.westpointmwr.com/ACTIVITY/Fitness/Index.htm> or call 845-938-6490 for more information.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p><u>5:40 a.m.</u> Strength Spin (RT)</p> <p><u>9:00 a.m.</u> Brick (DW)</p> <p><u>5:30pm</u> Boot Camp (AW)</p> 	<p>2</p> <p><u>5:40 a.m.</u> Brick (DW)</p> <p><u>9:00 a.m.</u> BodyPump (KR)</p> <p><u>12:00pm</u> Pump at Lunch (KD)</p> <p><u>5:30 p.m.</u> BodyPump (JH)</p> <p><u>6:45</u> Zumba (JH)</p>	<p>3</p> <p><u>5:40am</u> Crossfit (RT)</p> <p><u>9:00am Crossfit</u> (Rita & Felicia)</p> <p><u>5:30pm.</u> Interval Spin (DW)</p>	<p>4</p> <p><u>5:40 a.m.</u> BodyPump (JH)</p> <p><u>9:00 a.m.</u> BodyPump (KD)</p> <p><u>10:00am</u> Zumba (DWM)</p> <p><u>5:30p.m.</u> Kickboxing (NH)</p> <p><u>6:30 p.m.</u> All Level Yoga (NH)</p>	<p>5</p> <p><u>5:40 a.m.</u> Endurance Spin (CS)</p> <p><u>9:00am.</u> Endurance Spin (RT)</p> <p><u>4:30 p.m.</u> Step (NH)</p>	<p>6</p> <p>BP Technique Class</p> <p><u>7:30-8:00am(RL)</u> <u>8:00 a.m</u> Body Pump (RL)</p> <p><u>9:00am.</u> Strength Spin (KW)</p> <p>AFAA Certification</p> <p>Primary Group</p> <p>9:00am-6:00pm</p>
<p>8</p> <p><u>5:40 a.m.</u> Interval Spin (KH)</p> <p><u>9:00 a.m.</u> Brick (DW)</p> <p><u>5:30pm</u> Boot Camp (AW)</p>	<p>9</p> <p><u>5:40 a.m.</u> Brick (DW)</p> <p><u>9:00 a.m.</u> BodyPump (KR)</p> <p><u>12:00pm</u> Lunch Bunch Strength (KD)</p> <p><u>5:30 p.m.</u> BodyPump (JH)</p> <p><u>6:45</u> Zumba (JH)</p>	<p>10</p> <p><u>5:40am</u> Boot Camp (RT)</p> <p><u>9:00am Crossfit</u> (Rita & Felicia)</p> <p><u>5:30pm.</u> Endurance Spin (RT)</p>	<p>11</p> <p><u>5:40 a.m.</u> BodyPump (JH)</p> <p><u>9:00 a.m.</u> BodyPump (KD)</p> <p><u>10:00am</u> Zumba (DWM)</p> <p><u>5:30p.m.</u> Kickboxing (NH)</p> <p><u>6:30 p.m.</u> All Level Yoga (NH)</p>	<p>12</p> <p><u>5:40 a.m.</u> Strength Spin (DW)</p> <p><u>9:00am.</u> Strength Spin (RT)</p> <p><u>4:30 p.m.</u> Step (NH)</p> 	<p>13</p> <p><u>8:00 a.m.</u> Body Pump (CS)</p> <p><u>9:00am.</u> Interval Spin (CS)</p> 
<p>15</p> <p><u>5:40 a.m.</u> Endurance Spin (RT)</p> <p><u>9:00 a.m.</u> Brick (CS)</p> <p><u>5:30pm</u> Boot Camp (AW)</p>	<p>16</p> <p><u>5:40 a.m.</u> Brick (CS)</p> <p><u>9:00 a.m.</u> BodyPump (KR)</p> <p><u>5:30 p.m.</u> BodyPump (RL)</p> <p><u>6:45</u> Zumba (DWM)</p>	<p>17</p> <p><u>5:30pm.</u> Strength Spin (CS)</p> 	<p>18</p> <p><u>9:00 a.m.</u> BodyPump (RL)</p> <p><u>10:00am</u> Zumba (DWM)</p> <p><u>5:30p.m.</u> Kickboxing (NH)</p> <p><u>6:30 p.m.</u> All Level Yoga (NH)</p>	<p>19</p> <p><u>5:40 a.m.</u> Interval Spin (CS)</p> <p><u>9:00am.</u> Interval Spin (RT)</p> <p><u>4:30 p.m.</u> Step (NH)</p>	<p>20</p> <p><u>8:00 a.m.</u> Body Pump (RL)</p> <p><u>9:00am.</u> Endurance Spin (KH)</p> 
<p>22</p> <p><u>5:40 a.m.</u> Strength Spin (KH)</p> <p><u>9:00 a.m.</u> Brick (DW)</p> <p><u>5:30pm</u> Boot Camp (AW)</p> 	<p>23</p> <p><u>5:40 a.m.</u> Brick (DW)</p> <p><u>9:00 a.m.</u> BodyPump (KR)</p> <p><u>12:00pm</u> Lunch Bunch Strength (KD)</p> <p><u>5:30 p.m.</u> BodyPump (RL)</p> <p><u>6:45</u> Zumba (DWM)</p>	<p>24</p> <p><u>5:40am</u> Crossfit (RT)</p> <p><u>9:00am Crossfit</u> (Rita & Felicia)</p> <p><u>5:30pm.</u> Interval Spin (RT)</p> 	<p>25</p> <p><u>9:00 a.m.</u> BodyPump (KD)</p> <p><u>10:00am</u> Zumba (DWM)</p> <p><u>5:30p.m.</u> Kickboxing (NH)</p> <p><u>6:30 p.m.</u> All Level Yoga (NH)</p>	<p>26</p> <p><u>5:40 a.m.</u> Endurance Spin (DW)</p> <p><u>9:00am.</u> Strength Spin (RT)</p> <p><u>4:30 p.m.</u> Step (NH)</p> 	<p>27</p> <p><u>8:00 a.m.</u> Body Pump (KD)</p> <p>Spinnathon</p> <p><u>8:00-10:00am</u></p> <p>Sign up starts 3/15</p>
<p>29</p> <p><u>5:40 a.m.</u> Interval Spin (RT)</p> <p><u>9:00 a.m.</u> Brick (DW)</p> <p><u>5:30pm</u> Boot Camp (AW)</p>	<p>30</p> <p><u>5:40 a.m.</u> Brick (DW)</p> <p><u>9:00 a.m.</u> BodyPump (RL)</p> <p><u>12:00pm</u> Lunch Bunch Strength (KD)</p> <p><u>5:30 p.m.</u> BodyPump (DWM)</p> <p><u>6:45</u> Zumba (DWM)</p>	<p>31</p> <p><u>5:40am</u> Crossfit (RT)</p> <p><u>9:00am Crossfit</u> (Rita & Felicia)</p> <p><u>5:30pm.</u> Endurance Spin (DW)</p> 		<p>5:40am Body Pump has been temporarily canceled after 3/11. It will resume as soon as our new instructors have completed their training.</p>	<p>(KD)-KRISTY DEES (JH)-JAMIE HOWELL (RT)-RITA TENUITA (DW)-DANA WHITE (KR)-KIM REYNOLDS (DE)-DANICA ELLIOTT (NH)-NICOLE HARRIS (CS)-CRISTYN SCOTT (KH)-KRISTINE HAYS (DWM)-DAISY WILLIAMS-MANGIERI (RL)-RITA PHUONG LE (KW)-KATE WENDER (FH)-Felicia Hanes</p>

Attention Patrons: The FMWR Fitness Instructors enjoy helping you achieve your fitness goals and encourage you to join classes today. To view the class schedule go to the MWR Fitness Center web page at <http://www.westpointmwr.com/ACTIVITY/Fitness/Index.htm>

20% of all revenue from classes goes back into the Group Fitness Program!

Class Descriptions

Body Pump – is the original barbell workout that strengthens your entire body! This 60-minute program challenges all your major muscle groups by using the BEST weight room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to **GET THE RESULTS YOU CAME FOR-** and fast!!

“The Brick”- “Bricks,” a popular form of training in the triathlon world, consist of two exercises (usually biking and running), done in succession with little rest between. Participants will spin for approximately 25-30 min. then quickly transition to a 25-30 minute outdoor run (rain or shine!) Beginner to advance spinners and runners welcome!

Boot Camp- This ultimate circuit workout combines intervals of cardio and muscle conditioning drills. Enjoy the variety of challenges that will help you achieve a higher level of fitness.

Crossfit-Constantly varied high intensity functional movement. This metabolic workout will optimize your endurance, stamina, strength, flexibility, power, speed, coordination, agility, balance & accuracy. These workouts are intense but can be modified for all fitness levels. Challenge yourself!

Kickboxing Are you ready for action! Get ready to box and kick your way into shape with powerful, energizing and motivating movements designed to increase stamina and strength.

Spinning- . Experience the best sweat you’ve ever had while burning 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**-build aerobic threshold & burn fat. **Interval**-challenges the rider to work in their high intensity zones. **Strength**-cycle in your anaerobic zone building lean muscle & power

Step-an aerobic workout performed on a platform or step that incorporates moves such as turns, shuffles, kicks, taps, side-steps as well as coordinated moves that work the whole body. The platforms absorbs the shock reducing the impact on the knees.

Step & Sculpt-this class incorporates step choreography and strength training to maximize toning and calorie burn.

Zumba - ZUMBA is a fusion of Latin and International music - dance themes that create a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. This class is fun!!!

Yoga- Are you looking for a workout program that's easy to learn, requires little equipment, and soothes your soul while toning your body? If strengthening your cardiovascular system, toning and stretching your muscles, and improving your mental fitness are on your to-do list, then this is the class for you! Yoga can improve flexibility, strength, balance and stamina. In addition to the physical benefit, people who practice yoga say that it reduces anxiety and stress and improves mental clarity.

• If you are new to any class, we encourage you to arrive early for instructors to give you some pointers!