

December 2019 Daily Fitness Class Schedule



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Water Aerobics with Rosemary @ Rinehart Pool (0900-1000)</p> <p>Floating Fitness with Ryan @ Rinehart Pool (ABST: 0900-0930) (HIIT: 1130-1200)</p>	<p>Strength HIIT with Tara @ Fires Room 206 (0900-0945)</p>	<p>Water Aerobics with Rosemary @ Rinehart Pool (0900-1000)</p> <p>Floating Fitness with Ryan @ Rinehart Pool (ABST: 0900-0930) (HIIT: 1130-1200)</p>	<p>Strength HIIT with Tara @ Fires Room 206 (0900-0945)</p>	<p>Water Aerobics with Rosemary @ Rinehart Pool (0900-1000)</p>	<p>Facebook Page: Family & MWR Fitness Fort Sill</p> <p>You can also check out the website: http://sill.armymwr.com/us/sill</p>	
<p>Body Sculpt with Claudia @ Fires Room 206 (1030-1130)</p>	<p>Zumba with Loops @ Fires Room 206 (1000-1100)</p>	<p>FIRE with Claudia @ Fires Room 206 (0945-1015)</p>	<p>Zumba with Loops @ Fires Room 206 (1000-1100)</p>	<p>Body Sculpt with Claudia @ Fires Room 206 (1030-1130)</p>	<p>Zumba with Tanya @ Fires Room 206 (0930-1030)</p>	<p>MERRY</p> <p>FITNESS</p>
<p>Zumba with Alexia @ Fires Room 206 (1830-1930)</p>	<p>Xtreme Hip Hop with Sharon @ Fires Room 206 (1800-1900)</p>	<p>Body Sculpt with Claudia @ Fires Room 206 (1030-1130)</p>	<p>Xtreme Hip Hop with Sharon @ Fires Room 206 (1800-1900)</p>	<p>FITNESS CENTER INFORMATION: <u>Schedule is subject to change</u></p>		
	<p>Indoor Cycling with Felicia @ Fires Spin Room 121 (1730-1830)</p>	<p>Zumba with Alexia @ Fires Room 206 (1830-1930)</p>	<p>Indoor Cycling with Felicia @ Fires Spin Room 121 (1730-1830)</p>			

Fires Fitness Center
ROCK CLIMBING WALL SAFETY BRIEF (5-10 minutes and mandatory to climb/all ages welcome).

Monday-Friday @ 1600 and 1800
 Saturday @ 1200 and 1400
 Sunday @ 1400



Fires:
3290 Crane Rd
 (580)442-2445/2418
 M-F 0500-2100
 Sat, Sun and Holidays
 0800-1800

Honeycutt:
921 Randolph Rd
 (580)442-5912
 ALL PATRONS
 M-F 0500-0900
 1500-2100
 Saturday 0900-1500
 ACTIVE DUTY
 With Access Card:
 0400-2400

Goldner:
3444 Crane Rd
 (580)442-2740
 M-F 0500-2000
 Sat & Holidays
 0900-1500
 Sundays CLOSED

Rinehart Pool:
 (580)442-6186
 M-Tu 0600-1300
 1600-19:30
 Wed 0600-1300
 Th-F 0600-1300
 1600-19:30
 Sat 1200-1600
 Sun Closed
 Holidays: 0800-1300

Rinehart:
2730 Bragg Rd
 (580)442-6712/6652
 M-F 0500-2000
 Sat-Sun 0800-1800
 Holidays 0800-1800

Description of classes:

Zumba®: Come join the party! A high energy class with motivating music and easy to follow dance steps. Zumba is a cardio interval training routine that can also tone and strengthen. “Zumba is exercise in disguise.”

Body Sculpt: Increase Strength, Shed Body Fat, Improve Muscle Tone, Increase Bone Density, Improve Flexibility, and Workout with others in a fun, challenging atmosphere!

FIRE: A fast paced cardio workout with kickboxing, plyometrics and body weight strengthening moves.

Indoor cycling: An organized activity, that is a form of exercise with classes focusing on endurance, strength, intervals, high intensity (race days) and recovery, and involves using a special stationary exercise bicycle with a weighted flywheel in a classroom setting.

Water Aerobics: This shallow water workout includes calisthenics style movements with variations of upper and lower body resistive moves. Participants march, jog and ski through the water to create resistance to improve cardiovascular fitness, muscular endurance and flexibility.

Strength HIIT: No matter if your goal is fat loss, muscle gain, or athletic performance, high-intensity interval training can help you nail it. HIIT with a strength focus.

Xtreme Hip Hop: A step class, but unlike any step class you have ever seen. This is a high energy, high calorie burning class using the aerobic step board for an additional impact!

Floating Fitness: Held in the deep end of the pool, the ABST class stands Aquatic Based Stability Training – coordination, strength, balance, stability, joint stability, and core strengthening. The HIIT class stands for High Intensity Interval Training – cardio, strength, flexibility and balance.

ANNOUNCEMENTS:

****All MWR facilities will be closed on Christmas Day (Wed., the 25th), and New Years Day (Wed., the 1st) ****

All MWR facilities will be closed on Friday, December 20th from 1200-1600, for our Annual MWR Christmas Party

****Zumba with Alexia will be canceled on 23 and 30 December. Classes will resume on 6 January 2020****