




MARCH 2020 Daily Fitness Class Schedule



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Water Aerobics w/ Rosemary @ Rinehart Pool (0900-1000)	Strength HIIT w/ Vickey @ Fires Rm 206 (0900-0945)	Water Aerobics w/ Rosemary @ Rinehart Pool (0900-1000)	Strength HIIT w/ Vickey @ Fires Rm 206 (0900-0945)	Water Aerobics w/ Rosemary @ Rinehart Pool (0900-1000)	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	
Cardio Sculpt w/ Claudia @ Fires Rm 206 (0945-1015)	Zumba w/ Loops @ Fires Rm 206 (1000-1100)	Cardio Sculpt w/ Claudia @ Fires Rm 206 (0945-1015)	Zumba w/ Loops @ Fires Rm 206 (1000-1100)	Body Sculpt w/ Claudia @ Fires Rm 206 (1030-1130)	Zumba w/ Tanya @ Fires Rm 206 (0930-1030)	
Body Sculpt w/ Claudia @ Fires Rm 206 (1030-1130)		Body Sculpt w/ Claudia @ Fires Rm 206 (1030-1130)				
Ultimate Conditioning w/ Cathie @ Fires Rm 206 (1715-1815)	Xtreme Hip Hop w/ Sharon @ Fires Rm 206 (1800-1900)	Ultimate Conditioning w/ Cathie @ Fires Rm 206 (1715-1815)	Xtreme Hip Hop w/ Sharon @ Fires Rm 206 (1800-1900)	**PLEASE SEE REVERSE SIDE FOR IMPORTANT ANNOUNCEMENTS & INFORMATION! ➡		
3D Zumba w/ Debra, Diane & Daisy @Fires Rm 206 (1830-1930)	Feelin' Lucky Circuit 7 Jump Squats 7 Push Ups 7 Mountain Climbers 7 Tricep Dips 7 Single Leg Burpees 7 Plie Squats 7 Plank Toe Taps		Indoor Cycling w/ Felicia @ Fires Spin Room 121 (1800-1930)	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: 2730 Bragg Rd (580)442-6712/6652 M-F 0500-2000 Sat-Sun 0800-1800 Holidays 0800-1800 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		
Floating Fitness w/ Ryan @ Rinehart Pool - Monday's & Wednesday's (ABST: 0900-0930) (HIIT: 1130-1200)						

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!

Cardio Sculpt: A fast paced cardio workout with kickboxing, plyometric 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. Involves using a special stationary exercise bicycle with a weighted fly wheel, in a classroom setting.

Ultimate Conditioning: This Class consists of 1/2 hour (all levels) cardio (step, kickboxing with sometimes a little jogging/running), 20 minutes of calisthenics and/or strength training and ending with an abdominal workout.

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.

Facebook Page:
Family & MWR Fitness Fort Sill

You can also check out the website:
<https://sill.armymwr.com>

ANNOUNCEMENTS:

****Felicia's cycling classes will not be held on Thurs. Mar 19th or Thurs. Mar 26th!**

****Body sculpt and Cardio sculpt classes with Claudia, will be cancelled the entire week of March 23-27th!**

****Please Note: NO CLASSES will be held on FEDERAL HOLIDAYS****