



U.S. ARMY



# APRIL 2024 FITNESS SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:00						Indoor Cycling w/Shannon @ Fires Rm 124 <small>No Classes on APR 6, 13, &amp; 27</small>	
09:00	Water Aerobics w/Rosemary @ Rinehart Pool		Water Aerobics w/Rosemary @ Rinehart Pool		Water Aerobics w/Rosemary @ Rinehart Pool	Zumba w/Tanya & Gerald @ Fires Rm 206	
09:00	Body Sculpt w/Claudia @ Fires Rm 206		Body Sculpt w/Claudia @ Fires Rm 206		Body Sculpt w/Claudia @ Fires Rm 206		
10:00		Mobility and Strength w/Claudia @ Fires Rm 206		Mobility and Strength w/Claudia @ Fires Rm 206			Morning Flow Yoga w/Kim @ Fires Rm 207
11:45	Functional Fitness @ Goldner	Functional Fitness @ Goldner	Functional Fitness @ Goldner	Functional Fitness @ Goldner	Functional Fitness @ Goldner		
17:00			Indoor Cycling w/Shannon @ Fires Rm 124 <small>No Classes on APR 3 &amp; 10</small>				
19:00				Power Yoga w/Joseph @ Fires Rm 207			

**Come join our free classes!**

**Fires Fitness Center: 580.442.2445**

**Goldner Fitness Center: 580.442.2740**

**Rinehart Indoor Pool: 580.442.6186/6200**

## Fires:

3290 Crane Rd  
(580)442-2445

M-F: 0500-2100  
Weekends & Holidays:  
0800-1800

## Goldner:

3444 Crane Rd  
(580)442-2740

M-F: 0500-1900  
Weekends & Holidays:  
CLOSED

ACTIVE DUTY  
with Access Card  
0400-2400

## Honeycutt:

921 Randolph Rd  
(580)442-4670

M-F: 0500-2000  
Weekends & Holidays:  
CLOSED

ACTIVE DUTY  
with Access Card  
0400-2400

## Rinehart:

2730 Liberty Rd  
(580)442-6712

M-F: 0500-2100  
Weekends: 0800-1600  
Holidays:  
0800-1600

## Rinehart

**Indoor Pool:**  
2730 Liberty Rd  
(580)442-6186

M-F: 0600-1300 &  
1600-1930  
CLOSED Wed Afternoon  
Saturday: 1000-1500  
Sundays & Holidays:  
CLOSED



## Description of classes:

**Functional Fitness:** A strength and conditioning program consisting mainly of a mix of aerobic exercise, calisthenics (body weight exercises) and weight training!

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

**Mobility and Strength:** Stretching, Yoga, and Pilates inspired mobility and strength exercises.

**Indoor Cycling:** Also known as “spin”, cycling is a form of exercise with classes focusing on endurance, strength, intervals, high intensity 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.

**Zumba:** Is a dance fitness program that involves dance and aerobic elements. The choreography incorporates hip-hop, salsa, merengue and mambo. Squats and lunges are also included, all help to gain endurance.

**Yoga:** Is mind and body practice. Various styles of yoga combine physical postures, stretching, breathing techniques, and meditation or relaxation. It involves each of these to promote mental and physical well-being.

**Power Yoga:** is an aerobic, strength building practice. One breath, one posture. Its purpose is to stress the sympathetic nervous system in a controlled environment to help train our minds to stay calm in stressful situations.

**Join our Facebook group!**

**Our page can be found under the Fort Sill Family & MWR official page  
@ facebook.com/FortSillMWR**

**You can also check out the website:  
[Sill.ArmyMWR.com](http://Sill.ArmyMWR.com)**

**Please Note:  
Fitness classes will not be held on Federal Holidays!**

