

FEE FOR SERVICE CLASSES FOR FEBRUARY 2012

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0500		\$ HEAT: Aerobic Studio w/Mac McCurdy X-Bike: Bubble \$3.50 per class with Mike B.	\$Adrenaline Rush: Aerobic Studio w/Devin Gongora \$3.50 per class	\$ HEAT: Aerobic Studio w/Mac McCurdy X-Bike: Bubble \$3.50 per class with Mike B.	\$Adrenaline Rush: Aerobic Studio w/Devin Gongora \$3.50 per class	\$Adrenaline Rush: Bubble w/Devin Gongora \$3.50 per class *Starts at 0910	
0715							\$ HEAT: Aerobic Studio w/Mac McCurdy
1000						\$ Yoga: Aerobic Studio \$6 per class w/Les Koch	
1100		\$ X-Bike: Bubble \$3.50 per class w/Mike B		\$ X-Bike: X-Bike Studio \$3.50 per class w/Mike B			
1700	\$ X-Bike: Bubble \$3.50 per class w/Mike B	\$Yoga: SW Aerobic Studio \$6 per class w/Les Koch	\$ X-Bike: Bubble \$3.50 per class w/Mike B				
1730	\$Hapkido: Bldg. 524 w/Soony Arcalas	\$Hapkido: Bldg. 524 w/Soony Arcalas	\$ Adrenaline Bubble W/ Devin	\$Hapkido: Bldg. 524 w/Soony Arcalas			
1800	\$Youth Tae Kwon Do: Aerobic Studio w/Troy Yoho		\$Youth Tae Kwon Do: Aerobic Studio w/Troy Yoho		\$Youth Tae Kwon Do: Aerobic Studio w/Troy Yoho		
1800			\$Judo Sport: Bldg. 524 w/Don Chesmer		\$ Judo Sport: Bldg. 524 w/Don Chesmer		
1900	\$Adult Tae Kwon Do: Aerobic Studio w/Troy Yoho		\$Adult Tae Kwon Do: Aerobic Studio w/Troy Yoho		\$Adult Tae Kwon Do: Aerobic Studio w/Troy Yoho		
2000	\$Haidong Gumdo: Aerobic Studio w/Troy Yoho		\$Haidong Gumdo: Aerobic Studio w/Troy Yoho				

\$ Represents a pay per use or instructional program, please contact the instructor listed for program details.

Please make all payments to the Warrior Fitness Center, M-F 0500-1800, Sat 0700-1200. Cash, Check, or Credit Accepted.

Contractors cannot accept payments!

Class Descriptions and Fees:

(\$Adrenaline Rush: Challenging 6-week Boot Camp Class designed to strengthen and sculpt your entire body to your ultimate fitness level using circuit, group training, weight lifting, and other aerobic techniques. Feb 1- Feb 24 **\$40 for entire program or \$3.50 per class.** Contact Devin @ 801-458-1343

(\$Haidong Gumdo: The battlefield tactics & techniques of Korean Sword Art designed to build mental, physical & spiritual development; **\$46 per month.**

(\$Hapkido: Korean martial art built on the philosophy of the body & mind working together in harmony. Strength /size are not needed to accomplish techniques; opponent's energy & physiology are used against them via pressure points, spin power & joint manipulations. Self defense class which improves confidence, balance, strength & health. Ages 6 & up; \$40 month with family discounts available, held @ Junior Enlisted Club /bldg 524 up the stairs just off the basketball court.

(\$ HEAT: Designed for the Novice or Pro - High Energy Athletic Training (HEAT) is a complete body fitness program using a variety of circuit training workouts in a group format; 1 hr of challenging cardio & strength training exercises are combined to help with fat loss, build muscle, improve heart fitness and ensure maximum calorie burn HEAT XVIII - Multi week program continues thru Feb 28, 2012; 1, 2 or 3 days a week training options. Walk-ins welcomed, contact Mac @ mtmay22@msn.com <<mailto:mtmay22@msn.com>> or 801-721-5832 for cost.

(\$Judo Sport: High intensity, short duration physical sport involving throwing & grappling techniques; great for total body fitness. Held @ Junior Enlisted Club/Bldg 524 up the stairs just off the basketball court; **\$40 per month.**

(\$Tae Kwon Do: The art's of kicking & punching in a controlled environment focusing on self-discipline, self-defense & self-control; **\$46 per month.** Contact Troy Yoho @ 801-866-4558.

X-Biking: Extreme indoor cycling journey; a total body workout designed to burn more calories in less time, improve cardiovascular fitness and increase lower body, upper body and core strength. **\$3.50 per class or purchase a Stamp Card @ \$30.00 for 10 classes.** Contact Mike @ Michael.braun@hill.af.mil or 801-499-9812.


Yoga: Yoga - All levels yoga classes beginner through advanced. Improve your strength, flexibility, and mental and physical balance. Yoga helps to increase your fitness abilities for all sports and cardio activities and any activity that will improve endurance, alignment, and recovery. **Prices are \$6.00 per class or purchase \$25 for 5, or \$50.00 for 12 classes.** Contact Les @ leskoch@yahoo.com or 801-643-3567.



FREE CLASSES FOR FEBRUARY 2012

SCHEDULE IS SUBJECT TO CHANGE FOR HOLIDAY/FAMILY DAYS

NO CLASSES HELD ON 2/20

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0600		Pilates: Aerobic Studio D&D Staff		Pilates: Aerobic Studio D&D Staff		
0600	AD Circuit/FIP: Bubble Volunteer PTL	AD Circuit/FIP: Bubble Volunteer PTL	AD Circuit/FIP: Bubble Volunteer PTL	AD Circuit/FIP: Bubble Volunteer PTL	AD Circuit/FIP: Bubble Volunteer PTL	
0800	Join TONY HORTON at Warrior Fitness Center on February 2 at 1500 for a P90X workout First come first serve basis See you there					Turbo Kick: Aerobic Studio D&D Staff No Classes 2.18
0900						Zumba: Aerobic Studio D&D Staff
1000		Zumba: Aerobic Studio D&D Staff		Zumba: Aerobic Studio D&D Staff		
1100			Pilates Aerobic Room D&D Staff			
1500	Circuit/FIP: Bubble HAWC Staff		Circuit/FIP: Bubble HAWC Staff			
1600	Power Sculpt: Aerobic Studio D&D Staff	Flow Yoga: Aerobic Studio D&D Staff	Power Sculpt: Aerobic Studio D&D Staff	Flow Yoga: Aerobic Studio D&D Staff		
		Circuit/FIP: Bubble HAWC Staff				
1700	Zumba: Aerobic Studio D&D Staff	Total Body: SE Aerobic Studio D&D Staff	Zumba: Aerobic Studio D&D Staff	Turbo-Kick: Aerobic Studio D&D Staff		

*X-Bike Studio is now located in the bubble
Bubble (White Dome) is located directly behind the Hess Fitness Center*

Class Descriptions:

AD (Active Duty) Combat Fitness/FIP (Fitness Improvement Program)/ Boot Camp: for Active Duty Military and Reservists – 45 minutes of constantly varied, high intensity functional training; develops cardiovascular and respiratory endurance, stamina, strength, flexibility, power, speed, agility, balance, coordination, and accuracy. *Classes held in Bubble. May be moved to outdoors if good weather!

Circuit/FIP (Fitness Improvement Program): Active Duty Military & Reservists- 30-45 minute expressed, high intensity circuit training which concentrates on PT test elements.

Equipment/Facility Orientation: Receive a half hour tour and learn how to use the Warrior Fitness Center weight training and cardio machines equipment and create a beginner workout Card. Call 777-2762 for an appointment! Try out our new Circuit Room downstairs in the Old Yoga Room.

Flow Yoga: basic stretching and strengthening class using combinations of traditional yoga poses with Western terminology. Relaxation and breathing techniques used to enhance toning of various muscles. Go with the flow...

Pilates: a stimulating blend of vigorous flexibility training using traditional *Pilates Movements* used to strengthen and tone the abdominals. Small weights & the stability ball may be used to enhance the workout. Raw...core strength training with style!

Power Sculpt: an overall body workout that increases strength and endurance by using quick cardio drills, powerful resistance training techniques, and powerful meditative yoga at the end for added flexibility! Sculpt your body with all your power!

Total Body: Strength class offering beginner-advance lifting techniques using hand-held weights, bars, gliders, stability balls & bands. Weights with attitude!

Turbo-Kick: the ultimate cardiovascular challenge with a specific warm-up followed by bouts of intense intervals and easy to follow combos; kickboxing using strength and endurance training and a Tai-Chi like cool down. No equipment needed. Kick-butt energy!

Zumba Fitness: a fusion of Latin and International Dance creating a dynamic, exciting and effective fitness workout that is just like a party...Latin style!

Westside Fitness Center
Bldg. 1277
Monday-Friday 0430-1900
Closed Weekends & Holidays
Indoor Pool
M,W,F 0500-1300
Tu, Th 0800-1600

Warrior Fitness Center Bldg. 533
and "Bubble"
Monday-Friday 0430-2330
Saturday-Sunday 0700-2000
Holiday/Family Days: 0900-1700
Phone: 801-777-2761 or 801-777-2762
<http://75thforcesupport.com/fitness/index.html>
<http://facebook.com/pages/Hill-AFB-Warrior-Fitness-Center>