

# January

## WHELOCK FITNESS CENTER

7755 Georgia Ave., Bldg 3350

## Fort Polk Group Fitness Calendar



| SUNDAY  | MONDAY                                       | TUESDAY   | WEDNESDAY  | THURSDAY                                  | FRIDAY   | SATURDAY   |
|---|--|---|--|---|--|--|
| <b>CLASS<br/>DETAILS<br/>ON BACK</b>                          | 9:00 am<br><b>TRX</b><br>Susie               | 8:15 am<br><b>Zumba</b><br>Silvia                           | 9:00 am<br><b>TRX</b><br>Susie                               | 8:15 am<br><b>HIIT</b><br>Stormie         | 6:00 am<br><b>Spin<br/>Bootcamp</b><br>Stefanie        | 8:00 am<br><b>Sunrise<br/>Bootcamp</b><br>See Sunrise Schedule |
|   | 9:30 am<br><b>R.I.P.P.E.D.</b><br>Carmen     | 9:10 am<br><b>Yoga</b><br>Leslie                            | 9:30 am<br><b>R.I.P.P.E.D.</b><br>Carmen                     | 9:00 am<br><b>Cycle</b><br>Susie          | 9:00 am<br><b>Bootcamp</b><br>Susie                    | 10:00 am<br><b>Zumba</b><br>Stephanie                          |
| 2:00 pm<br><b>Power Yoga</b><br>Leslie                        | 11:00 am<br><b>Core &amp; Booty</b><br>Susie | 10:00 am<br><b>Body Blast</b><br>Susie                      | 11:00 am<br><b>20-20 Aerobic/<br/>Weightlifting</b><br>Susie | 5:00 pm<br><b>Buns &amp; Guns</b><br>Cody | 11:00 am<br><b>20-20 Cycling/<br/>Weights</b><br>Susie |  |
| 5:00 pm<br><b>Resolution<br/>Ride</b><br>Stefanie<br>(Jan 26) | 5:00 pm<br><b>Meditation</b><br>Stormie      | 5:00 pm<br><b>Karate Tech<br/>MMA</b><br>Monica<br>(Jan 28) | 5:00 pm<br><b>Slow Flow<br/>Yoga</b><br>Leslie               | 6:15 pm<br><b>Zumba</b><br>Silvia         | 5:00 pm<br><b>R.I.P.P.E.D.</b><br>Carmen               |  |
|   | 6:00 pm<br><b>Zumba</b><br>Stephanie & Alisa | 6:00 pm<br><b>R.I.P.P.E.D.</b><br>Carmen                    | 6:00 pm<br><b>Spin Bootcamp</b><br>Stefanie                  |   | 6:15 pm<br><b>Kickboxing</b><br>Monica                 |  |



### Please Note

Jan 1: Facility Closed  
Jan 1-23: New Year,  
 New Me Registration  
Jan 20: AM Classes Only  
Jan 24: New Year, New  
 Me Challenge Begins

Schedule is subject to change based on  
 instructor availability, holidays, and special  
 events. For up-to-date information visit our  
 Facebook page @ fortpolkmwr

[polk.armymwr.com](http://polk.armymwr.com)

Call 337-531-6795



# Class Descriptions

**20-20 Aerobics/Cycling + Weight Training: (60 Min)** 20 minutes of solid aerobic work plus 20 minutes of weight training during the peak of the class hour

**Body Blast:** A full body workout utilizing aerobic exercise and weight training

**Bootcamp: (60 Min)** Full body workout utilizing the main gym floor and equipment

**Buns & Guns: (50 Min)** A glute and upper body specific class utilizing body weight exercises with the option of incorporating weights

**Cardio Blast: (45 Min)** A full body explosive workout utilizing body weight movements only

**Core and Booty: (50 Min)** An abdominal and glute focused class

**Cycle: (60 Min)** A cycling class suitable for all levels

**Meditation: (30 Min)** Quieting the mind with a few minutes of gentle yoga followed by guided meditation

**Power Yoga: (75 Min)** A vinyasa yoga class designed for an advanced yoga practice but modified to accommodate all levels. All levels are welcome. (Not recommend for pregnant women)

**R.I.P.P.E.D: (60 Min)** A class combines Resistance, Interval, Power, Plyometric, Endurance. Designed to help everybody meet their ultimate fitness goals in a fun group exercise environment

**Slow Flow Yoga: (50 Min)** A vinyasa style yoga set at a slow transitional pace. Suitable for all levels

**Spin Bootcamp: (60 Min)** A heart racing hour of spin paired with moderate weight training off the bike

**Sunrise Bootcamp: (60 Min)** An early morning Bootcamp style class offered on specific Saturday's of the month Instructor and class style varies

**TRX: (30 Min)** Suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously. It requires the use of the TRX Suspension Trainer on the main gym floor

**Zumba: (50 Min)** A fitness program that combines Latin and international music with dance moves

**Karate Tech MMA: (50 Min)** A cardio kickboxing class that combines traditional kickboxing drills with modern HIIT training for a total body workout designed to burn fat and greatly improve overall strength and conditioning

## **Sunday, 26 January \*\* Resolution Ride with Stefanie**

Roll into the New Year with Stefanie in our Resolution Ride. Enjoy the many benefits of indoor cycling while having a blast in a lively atmosphere set to great, motivating music. This class combines cycling and weights. Instructor will change your ride with intervals on and off the bike! Your body will love the change. Class uses a variety of weights and resistance equipment. This is the right way to start your New Year's resolutions.