

FEBRUARY

Sports & Fitness Schedule

Time	Monday	Tuesday	Wednesday	Thursday
0630		ACFT Based Functional Fitness Steven		ACFT Based Functional Fitness Steven
0830	STEP Dawn	Full Body HIIT Steven	STEP Dawn	Full Body HIIT Steven
0930	Outdoor Walk Dawn	Stability & Mobility Steven	Outdoor Walk Dawn	Stability & Mobility Steven
1100		Sports Class (Racquetball) Zack	Sports Class (Dodgeball) Zack	CrossFit Foundations Steven
				Sport Class (Basketball) Zack
1130	CrossFit Matt & Steven	CrossFit Matt & Steven	CrossFit Matt & Steven	CrossFit Matt & Steven
1220	Bend & Balance Sky	Pilates Dawn	Bend & Balance Sky	Pilates Dawn
1645	CrossFit Matt	CrossFit Matt	CrossFit Matt	CrossFit Matt
		TRX Dawn	Yoga Dawn	TRX Dawn

Classes in red are free for active duty in support of the Army Combat Fitness Test.

Main Gym will be Closed on 8 February 2020 for Presidents' Day Triathlon and Presidents' Day 17 February 2020.

Fees :\$50.00 for a Fitness/ Sport punch card with 40 punches, \$15.00 for 10 punches, or \$3.00 per walk-in.

[FREE Monthly Fitness Challenge- February: Max Free Throws in 1 Minute- See Staff for details.](#)



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Class Descriptions

(ALL CLASSES ARE BEGINNER TO ADVANCED)

ACFT: The Army will replace the Army Physical Fitness Test (APFT) with the Army Combat Fitness Test (ACFT) as the physical fitness test of record beginning Oct. 2020. The ACFT is composed of six different tests that vary in muscular strength, agility, speed, coordination and stamina. These movements need to be trained for in order to safely and successfully pass this test. Bell gym wants to help you get there! These classes are open to all, but FREE for active duty.

Sport Classes (workshop): Do you want to earn an advantage over your competition? Come out and enjoy a 30min lesson working on sport relative events happening this month. This lesson will go over main rules, game play situations, and you will have a chance to sharpen up your techniques and strategies with advice and pointers to get ready for tournament/ league play, and earn that edge over your competition.

Bend & Balance: Incorporating movements from different formats, such as Yoga, Pilates, and Mobility- while connecting your breath to movement. Each class will focus on core strength and increased range of motion through flexibility training. It's a great class to find your inner and outer balance.

CrossFit Foundations: New to CrossFit? Come learn the basics of CrossFit! (see CrossFit description below).

CrossFit: WOD (Work Out of the Day) incorporates elements from high-intensity interval training, Olympic weightlifting, plyometric, powerlifting, gymnastics and calisthenics, just to name a few. Movements are scaled to a variety of levels, so don't be intimidated if strength training is new to you. Embrace where you are and get ready to get stronger!

Pilates: This mat workout concentrates work on core strength, body alignment and muscular balance. The overall goal of Pilates is to lengthen and tone the muscles of the core without adding bulk. If you are looking for that long, lean dancer body this is the class for you!

Step: Come enhance your calorie burn through this fun Step Aerobics class! Step height can be tailored for your individual challenge. Classes use rhythm and music to make the class time fly by!

TRX: This 45 minute workout system that leverages gravity and your bodyweight to perform hundreds of exercises. You are in control on how much you want to challenge yourself on each exercise. Combined with cardio—you won't miss out on any component of fitness.

WSMR Walking Group: This Class starts at Bell Gymnasium and walks various paths, trails, and routes, around post offering a brisk cardio workout while enjoying scenic views and the local wildlife; weather permitting.

Stability & Mobility: In this class, multiple techniques are implemented to improve core and joint stability, as well as stretches and postures are programmed to align, strengthen, and lengthen the body to promote greater mobility and flexibility.

Full Body HIIT: Get the most out of your exercise time, according to science. High Intensity Interval Training (HIIT) are sessions arranged as short bursts of hard work to improve cardiovascular endurance, strength, as well as revs your metabolism and makes you burn calories long after your 30-45min class is over.

Yoga: In this class, stretches and postures are programmed to align, strengthen, and lengthen the body to promote greater mobility and flexibility. Full-body relaxation and balance are the goals for this yoga class that welcomes all levels.



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