


If you have concerns and suggestions, please contact Ms. Alyssa Pates, Fitness Coordinator @ 753-8104 or [alyssa.b.pates.naf@mail.mil](mailto:alyssa.b.pates.naf@mail.mil)

# July 2019

## USAG HUMPHREYS FITNESS & AEROBICS SCHEDULE

**FUNCTIONAL FITNESS**  
 05:15 & 09:00 Mon-Fri  
 17:45 Mon & Wed  
 EXCEPT FEDERAL HOLIDAYS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
0900 Fusion (Elissa) Zoeckler 1700 S&C (Laura) Collier 1800 Zumba (Sierra) Zoeckler <b>1</b>	0530 Spin (Shauna) Turner 0900 Kickboxing (Laura) Collier 1730 Fusion (Elissa) Collier 1730 Spin (Cynthia) Turner 1800 Bootcamp (Maria) Zoec <b>2</b>	0900 Fusion (Elissa) Zoeckler 1800 Zumba (Sierra) Zoeckler <b>3</b>	 US Holiday <b>4</b>	<b>5</b>	0830 Spin (Cynthia) Turner 0845 Kickboxing (Laura) Collier <b>6</b>	<b>7</b>
0900 Fusion (Elissa) Zoeckler 1700 S&C (Laura) Collier 1800 Zumba (Sierra) Zoeckler <b>8</b>	0530 Spin (Shauna) Turner 0900 Kickboxing (Laura) Collier 1730 Fusion (Elissa) Collier 1730 Spin (Cynthia) Turner 1800 Bootcamp (Maria) Zoec <b>9</b>	0900 Fusion (Elissa) Zoeckler 1800 Zumba (Sierra) Zoeckler <b>10</b>	0530 Spin (Shauna) Turner 0900 HIIT (Alyssa) Collier 1700 Fusion (Elissa) Collier 1730 Spin (Cynthia) Turner 1800 Bootcamp(Maria)Zoeck <b>11</b>	0900 Fusion (Elissa) Zoeckler 1000 StretchMixx (Elissa) Zoeckler <b>12</b>	0830 Spin (Cynthia) Turner 0845 Kickboxing (Laura) Collier 1000 StretchMixx (Elissa) Collier <b>13</b>	<b>14</b>
0900 Fusion (Elissa) Zoeckler 1700 S&C (Laura) Collier 1800 Zumba (Sierra) Zoeckler <b>15</b>	0530 Spin (Shauna) Turner 0900 Kickboxing (Laura) Collier 1730 Fusion (Elissa) Collier 1730 Spin (Cynthia) Turner 1800 Bootcamp (Maria) Zoec <b>16</b>	0900 Fusion (Elissa) Zoeckler 1800 Zumba (Sierra) Zoeckler <b>17</b>	0530 Spin (Shauna) Turner 0900 HIIT (Alyssa) Collier 1700 Fusion (Elissa) Collier 1730 Spin (Cynthia) Turner 1800 Bootcamp(Maria)Zoeck <b>18</b>	0900 Fusion (Elissa) Zoeckler 1000 StretchMixx (Elissa) Zoeckler <b>19</b>	0830 Spin (Cynthia) Turner 0845 Kickboxing (Laura) Collier 1000 StretchMixx (Elissa) Collier <b>20</b>	<b>21</b>
0900 Fusion (Elissa) Zoeckler 1700 S&C (Laura) Collier 1800 Zumba (Sierra) Zoeckler <b>22</b>	0530 Spin (Shauna) Turner 0900 Kickboxing (Laura) Collier 1730 Fusion (Elissa) Collier 1730 Spin (Cynthia) Turner 1800 Bootcamp (Maria) Zoec <b>23</b>	0900 Fusion (Elissa) Zoeckler 1800 Zumba (Sierra) Zoeckler <b>24</b>	0530 Spin (Shauna) Turner 0900 HIIT (Alyssa) Collier 1700 Fusion (Elissa) Collier 1730 Spin (Cynthia) Turner 1800 Bootcamp(Maria)Zoeck <b>25</b>	0900 Fusion (Elissa) Zoeckler 1000 StretchMixx (Elissa) Zoeckler <b>26</b>	0830 Spin (Cynthia) Turner 0845 Kickboxing (Laura) Collier 1000 StretchMixx (Elissa) Collier <b>27</b>	<b>28</b>
0900 Fusion (Elissa) Zoeckler 1700 S&C (Laura) Collier 1800 Zumba (Sierra) Zoeckler <b>29</b>	0530 Spin (Shauna) Turner 0900 Kickboxing (Laura) Collier 1730 Fusion (Elissa) Collier 1730 Spin (Cynthia) Turner 1800 Bootcamp (Maria) Zoec <b>30</b>	0900 Fusion (Elissa) Zoeckler 1800 Zumba (Sierra) Zoeckler <b>31</b>				

### Personal Trainers

Cynthia Clagg: 010-5749-5509, [cynthiacclagg@yahoo.com](mailto:cynthiacclagg@yahoo.com)

Maria Cerra: 010-2941-3156, [cerrafitness@gmail.com](mailto:cerrafitness@gmail.com)



**Collier Community Fitness Center**  
DSN 753-8031/8810

**Sitman Physical Fitness Center**  
DSN 757-1151/1152

**Turner Fitness Center**  
DSN 753-5970/5971

**Zoeckler Fitness Center**  
DSN 754-8083/8084



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## High Intensity Interval Training (HIIT) | Alyssa

A wide variety of exercises including resistance and aerobic training. Utilizing an exercise strategy that alternates short periods of intense exercise followed by less intense recovery periods. Modified for all fitness levels.

## Spin | Cynthia + Shauna

High energy class led by a highly energetic and motivated-instructor. Accompanied by a motivating playlist. Strength, Interval, Race day, and Endurance are the themes and each one a challenge. All fitness levels welcome. Arrive 10 minutes early for Bike set up. Bring a towel and water!

## Fusion | Elissa

Alternate between high intensity cardio and concentrated muscle work in the first 40 minutes of this HIIT class. Designed with an emphasis on strength work, you'll finish with a final blast of strength training and stretching. This intense workout will leave you feeling challenged and accomplished.

## StretchMixx | Elissa

Designed to be paired with Fusion, StretchMixx incorporates yoga and pilates movements set to music to improve flexibility, posture and muscle strength for your entire body. Each class is 30 minutes and offered immediately following a Fusion Class.

## STRONG by Zumba | Sierra

Syncing high intensity cardio and conditioning moves to music to create an optimal total body HIIT (High Intensity Tempo Training). Tempo driven, the strength of the beat will challenge your muscles and cardio system to find power, strength, speed, stamina, and mobility. A doable class for all fitness levels. Discover the athlete within you; feel the force, the energy and get fit!

## Kickboxing | Laura

Get that music pumping with high adrenaline kickboxing! Using punches, kicks, and defensive skills, you'll blast calories away and give yourself a fitness high. Modifications available and all fitness levels accommodated.

## Athletic Strength and Conditioning | Laura

Looking to up your game? Jump higher. Run faster, and move stronger with Athletic Strength and Conditioning. Using sports drills and weightlifting, you'll find your coordination and balance improved, along with enjoying the community involved. Detailed guidance for correct form is a high priority. Activity can be modified for injuries and all fitness levels.

## Yoga | Stephanie

**(NOT OFFERED IN JULY)** A dynamic and fun class focusing on flowing from pose to pose and linking movements with breath. Each class will explore different postures and incorporate Vinyasa, static holds, and yin poses. We will focus each week on breath, balance, strength, and flexibility. All levels are welcome!

## Bootcamp | Maria

A class designed for those looking to challenge themselves in team and individual based training. Be prepared for high intensity interval training (HIIT), circuits, and agility workouts all in an encouraging, motivating climate! All fitness levels are welcome to participate to improve their cardiovascular health and help tone up those problem areas!



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