



# GROUP FITNESS CLASSES

## Dance Based Fitness

### **Zumba**

Shake, shimmy, and sweat your way to fitness with Zumba! This lively class combines infectious rhythms with easy-to-follow choreography, creating a dynamic and exhilarating experience for all fitness levels. You'll move and groove to the beats of international music, torching calories while having a blast. No dance experience required – just bring your energy, enthusiasm, and a willingness to let loose. Get ready to dance away stress, sculpt your body, and leave with a smile that lasts all day. Join the Zumba party and let the rhythm move you!

### **STRONG Nation®**

This class gives you a high-energy workout through a combination of body weight exercises, muscle conditioning, cardio and plyometric training synced to the beat of original music. STRONG Nation® is guaranteed to torch calories while toning arms, legs, abs, and glutes. Let's get STRONG together!

## High Intensity Interval Training & Strength Classes

### **Total Body Blast**

Every class varies, but each class will always provide you a total body workout by incorporating variations of HIIT, body weight exercises, resistance training, plyometric, Tabata and more. All fitness levels welcome.

### **H.I.I.T**

Welcome to H.I.I.T (high intensity interval training), an intense exercise circuit designed to push you to the MAX no matter your fitness level. Workouts are comprised of various exercises to attack the total body and aerobic fitness. An hour long of timed intervals ranging from 30 seconds to 1 minute with light breaks promising that you will feel a burn like no other. Every session is a different workout routine to build variety and target all muscle groups. Routines are made to shred fat, build endurance, and sculpt the body all while jamming to today's top hits.

### **Butts & Guts**

This class focuses on glutes, legs and core. We work on improving the strength and mobility of the lower body while also developing core stability and overall balance. This class is suitable for everyone – progressions and regressions are available for every exercise.

### **PowerPlay**

This class offers the perfect combination of strength and muscle building while giving you a good cardio burn. It works by combining sets of full body strength exercises with short, intense blocks of cardio bursts in a high intensity interval training (HIIT) format.

## Low Impact Fitness

### **Pilates**

A low-impact exercise that helps to strengthen muscles while activating your core muscles. This will help improve mobility, flexibility, posture, and teach you mind body awareness.

### **Barre**

This exercise was inspired by ballet, yoga, and Pilates. A low-impact, high energy, and HIIT focused class that will tone your arms, core, glutes, and legs!

### **Fusion Pilates/Barre**

This class is a combination of Pilates and Barre and a mixture of weight based exercises.

**For a current list of class offerings (including dates and times), please visit our website: [stuttgart.armymwr.com](http://stuttgart.armymwr.com)**

**Patch Fitness Center**  
Bldg 2337  
Patch Barracks

**Kelley Fitness Center**  
Bldg 3326  
Kelley Barracks

**Panzer Fitness Center**  
Bldg 2990  
Panzer Kaserne

**Robinson Fitness Center**  
Bldg 151  
Robinson Barracks





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## Indoor Cycling Classes

### **Spin**

Whether you're a seasoned cyclist or a first-timer, this high-energy class is designed for everyone. Join us for an invigorating, full-body cycling class that will boost your cardiovascular fitness, strengthen your legs, and leave you feeling empowered. Our expert instructor will lead you through a mix of heart-pumping sprints, challenging climbs, and endurance-building rides, all set to a motivating soundtrack that will keep you moving and grooving. No matter your fitness level, you'll pedal to the beat, break a sweat, and enjoy the supportive community atmosphere of our spin class. Grab a seat, adjust your resistance, and let the spinning journey begin.

### **Power Cycle**

Are you bored with your current cardio routine? Do you want to step your overall fitness up a notch? Then Power Cycle is just what you need. Power Cycle is 30-minutes of H.I.I.T on a stationary bicycle designed to maximize your cardio output and achieve fast results. Two H.I.I.T sessions a week help build lean muscle and burn fat. Supplement or replace your current cardio sessions with Power Cycle and see the results! You don't need to be a cyclist to join the class, but some level of fitness is required.

### **Spin 30**

Get ready to pedal your way to a fitness fiesta in our 30-minute Spin Spectacle! Join us for a heart-pounding, music-bumping spin class that's not just a workout, but a dance party on wheels. Ignite your energy, sculpt those legs, and unleash your inner spinning sensation. With beats that match every revolution, this class is a fast-paced, calorie-burning celebration on a bike. It's not just exercise – it's an exhilarating journey that will leave you sweating, smiling, and spinning for more. Saddle up and let's ride into the rhythm together!

### **Hip-Hop Spin**

Welcome to HIP-HOP SPIN, a fun cardio workout that will challenge and inspire you with a high-energy vibe and slamming music playlist. As you pedal along on a stationary bike the instructor will guide you through a wild ride feeling like you're in the best club around. You start off with a command tutorial that will get you set for your transitions then off into the workout. A heavy combination of fast sprints, heavy climbs, upper and lower body exercises, all on the bike while staying on beat with the music. The resistance and speed will vary throughout the workout constantly challenging you. Guaranteed to give you one of the most exciting workouts in only an hour.

### **Endurance Cycling**

Endurance Cycle is a fun, low impact group indoor cycling workout that combines hit music to lead you on a journey of hill climbs, sprints and flat riding where you control the intensity. Endurance Cycle is designed to maintain your heart rate at an aerobic training base interspersed with peaks of intensity to build cardio endurance and drive transformative fat-burning effects.

### **SpinScience**

All you need to know is how to breathe and ride. SpinScience goes back to the origin of Spinning in 1994 as a form of cardiovascular fitness. Using all of the benefits of road cycling without the risks of riding on the road. This 60 minute class is designed to provide a complete aerobic or anaerobic workout for everyone from the beginner to the professional. SpinScience class is great for anyone who is looking to improve their cardio fitness, lose weight, or to get stronger for your next 5K, 10K, or Triathlon. Remember your goal in class: "Stay with the Cadence." NOTE: Heart Rate monitors are recommended for maximum progress.

## Martial Arts

### **Kickboxing**

Chinese kickboxing evolved from the Kung Fu martial arts tradition into a fast-paced sport that combines self-defense with cardio & strength training. Every part of your body will get a workout! This class is for all levels. Working with partners in a progressive series of classes, you'll feel confident in no time, even if you've never thrown a punch or a kick before.

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## Yoga Classes

### **Vinyasa Yoga**

A flowing, dynamic, alignment-based sequence of poses to release tension and bring balance. This yoga practice involves synchronizing the breath with movement, and using the breath as the uniting force between the body and mind. Bringing awareness to this mind/body connection, practitioners calm and steady the mind, balance the muscular and skeletal systems, and create strength and flexibility. Modifications taught and encouraged for all levels, beginner to advanced.

### **Yoga for Strength and Mobility**

Yoga is more than flexibility. Many yoga postures require a lot of strength and mobility. In Yoga for Strength and Mobility you will explore your body's strength and mobility. To increase range of motion and strength, this class incorporates self-myofascial release, mobility exercises, strengthening exercises, and common yoga postures. Classes focus on student needs and are suitable for all levels.

### **Yoga for Rest and Recovery**

When you are pushing so hard at life, where working out, raising a family, jobs, and stress just keep piling up, you need a place to relax and unwind. Join us for a yoga class that reduces stress. Let go and give something back to yourself. Yoga for Rest and Recovery is your chance to slow down. Class includes somatic exercises, self-myofascial release, yin yoga postures, and restorative yoga postures. Movement is slow and mindful with guided relaxations and meditations all designed for you to take a load off and recover from life's stresses.

### **Yoga for Beginners**

This class is slow paced and focused on the fundamentals of a yoga practice. We explore different movements and poses, breathing techniques and always end with relaxation. There will be opportunity for discussion about yoga philosophy or questions about anything we experience in class. This class is designed for beginners but an option for someone with yoga experience as well.

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