

USAG STUTTGART  
**FAMILY & MWR**

# CYS Fall Fitness



**SEP – OCT 2019**

Elementary Fitness Fun (6-11yrs)  
Middle School Athlete Development (10-14yrs)  
High School Varsity Conditioning (14-19)  
High School Power Lifting (14-19yrs)  
Homeschool Fitness (9-16yrs)

**Registration Info (PATCH: 933270 PANZER: 932270)**

Register at Parent Central Services or on-line at [webtrac.mwr.army.mil](http://webtrac.mwr.army.mil)

**Contact**

Email inquiries to: [usarmy.stuttgart.id-europe.mbx.youthsports@mail.mil](mailto:usarmy.stuttgart.id-europe.mbx.youthsports@mail.mil)

CIV: 07031-15-2616/2597

DSN: 431-2616/2597



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

# USAG STUTTGART FAMILY & MWR

## CYS Fall Fitness



### Teen Fitness

#### Panzer Kaserne

**High School Varsity Conditioning (932270-02)** – The High School Varsity Conditioning will focus on key conditioning aspects found across all sports and learning the movements required for overall success at a varsity level. The class will contain elements of fitness and resistance training in addition to different aerobic exercises for each training session

**Age:** 14-19yrs

**Dates:** Thursdays 2:30 – 3:30 p.m. starting September 3<sup>rd</sup> at the Panzer Sports Complex.

#### Patch Barracks

**High School Power Lifting (933270-03)** - An introduction to Power Lifting. Power Lifting concepts and workouts will be suitable for beginner to intermediate experience levels. The class will focus on the proper form and technique that allows the movements to be completed in a safe and effective manner.

**Age:** 14-16yrs

**Dates:** Tuesday/Thursday 4:00 – 5:00 p.m. starting September 3<sup>rd</sup> at the Patch Fitness Center

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### Youth Fitness

#### Panzer Kaserne

**Elementary Fitness Fun (932270-01)** - An afterschool activity that incorporates elements of fitness training and sports into a fun filled class for the elementary school community and provides an additional outlet for physical enrichment.

**Age:** 6-11yrs

**Date:** Wednesday 2:45 – 3:45 p.m. starting on September 4<sup>th</sup> at the Panzer Sports Complex

#### Patch Barracks

**Homeschool Fitness (933270-01)** – Homeschool Fitness will focus on learning different the movements that will benefit youth in their fitness goals. The class will contain elements of fitness and resistance training in addition to different sports for each training session. Participants will be able to experience different exercises in a safe and friendly environment.

**Age:** 9-16yrs

**Dates:** Tuesday/Thursday 9:00 – 10:00 a.m. starting September 3<sup>rd</sup> at the Patch Fitness Center

**Middle School Athlete Development (933270-02)** - The Middle School Athlete Development will focus on key conditioning aspects found across all sports and learning the movements required for overall success at a the youth sports level. The class will contain elements of fitness and resistance training in addition to different aerobic exercises for each training session

**Age:** 10-14yrs

**Date:** Tuesdays 2:45 – 3:45 p.m. starting on September 3<sup>rd</sup> at Bowman field

#### Registration Info

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