

USAG STUTTGART
FAMILY & MWR

CYS Winter Fitness



JAN. – MAR. 2020

Elementary Fitness Fun (6-11 yrs)

Running Club (10-14 yrs)

High School Varsity Conditioning (14-19 yrs)

Homeschool Fitness (10-16 yrs)

Registration Info (PATCH: 933270; PANZER: 932270)

Register at Parent Central Services or on-line at webtrac.mwr.army.mil

Contact

Email inquiries to: usarmy.stuttgart.id-europe.mbx.youthsports@mail.mil.

CIV: 07031-15-2616/2597

DSN: 431-2616/2597



stuttgart.armymwr.com

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Teen Fitness

Panzer Kaserne

High School Varsity Conditioning (932270-21) – Class 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: 14-19 yrs

Dates: Mondays & Wednesdays 2:45 – 4 p.m. starting January 13, in the Panzer Gym.

Cost: \$45

Registration Info

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Youth Fitness

Panzer Kaserne

Elementary Fitness Fun (932270-20) - 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: 6-11 yrs

Date: Thursdays 1:45 – 2:45 p.m. starting on January 16, Panzer Gym.

Cost: \$45

Patch Barracks

Homeschool Fitness (933270-21) – 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: 12-16yrs

Dates: Tuesdays & Thursdays 9 – 10 a.m. starting January 14, Patch Fitness Center.

Cost: \$45

Middle School Running Club (933270-22) – Running club for middle school kids. Parents, friends and family are welcomed to join our fitness and Cross-Country/Track coaches for an hour of running. Beginner and experienced levels are welcomed to participate. Club will meet near the CYS garage under Bowman field.

Date: Tuesdays & Thursdays, 2:45 – 3:45 p.m. starting on January 14th at Bowman field.

Cost: FREE

Registration Info

Register at Parent Central Services or on-line at webtrac.mwr.army.mil

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