

# the bulletin

presented by STUTTGART FAMILY & MWR



## FEATURES

### GET *FIT*

WITH USAG STUTTGART'S NEW GROUP FITNESS PROGRAMS

### *FARMER'S* MARKETS

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JULY | AUGUST | SEPTEMBER 2019



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# Family & MWR

....Proudly Serving Those Who Serve!

the  
bulletin

JULY | AUGUST | SEPTEMBER

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All listings are current as of press time.  
Please call facilities to confirm dates and  
times, or check our website at:  
[stuttgart.armymwr.com](http://stuttgart.armymwr.com)

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The Bulletin is an unofficial  
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Contents are not necessarily  
the official views of, or  
endorsed by, the U.S.  
Government and its' agencies.





# CARE FAIR!

**SATURDAY, SEP. 7,  
10 A.M. - 2 P.M.**

Connect with local organizations at the annual Community Activities Registration Education (C.A.R.E.) Fair in USAG Stuttgart.

Sign up for activities and clubs, meet the superheroes behind the organizations, and learn about the resources available to you!

The Fleamarket will take place at the same time outside of the Panzer Exchange. Sign up (\$10) and get rid of your unwanted items, or find hidden treasures for a great price!

For more information, visit [stuttgart.armymwr.com](http://stuttgart.armymwr.com)

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USAG STUTTGART

# FITNESS

## GROUP PROGRAMS

*Having a far reaching impact on the community, the Family & MWR Fitness program offers an array of ways for civilians, service members and their families to unleash their inner athletes, improve mental and physical health all while meeting new people. Our exciting lineup of group fitness classes is ever evolving and caters to a large audience of participants. Take a look below to see what we offer!*

### CARDIO



*We offer a variety of solid cardio-based classes like Zumba, Indoor Cycling, and Step.*

#### **Zumba**

*Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got ZUMBA!*



## Indoor Cycling

Cycling is an aerobic exercise that takes place on a specially designed stationary bicycle. Instructors guide participants through workout phases. Warm-up, steady up-tempo cadences, sprints, climbs, cool-downs, etc. During the class the pace is varied - sometimes pedaling as fast as you can, other times cranking up the tension and pedaling slowly from a standing position as if you are climbing a hill. To keep you on your toes, some instructors may incorporate weight exercises off the bikes as well.

## Step

Aerobic exercise using an elevated platform, tailored to individual needs by inserting risers under the step.

## HIGH INTENSITY/STRENGTH



*For the high intensity and strength seekers, our fabulous team of instructors have put together a great mix of HIIT (High Intensity Interval Training), Butts & Guts, Learn to Lift, Boot Camp and Muscle Pump classes.*

## HIIT & Upper Body

This is a combination of 25-30 minutes of intense cardio focused moves and 25 minutes of upper body strength exercises. Push and do as many reps as you can during timed intervals. High impact moves are a part of this class but modifications are offered. In the second half we focus on toning arms and back using different kinds of weight training. All levels welcome, push yourself and watch yourself improve.

## Boot Camp

Boot Camp is a workout that incorporates cardio, plyometrics, and bodyweight exercises in a circuit training format.

## Learn to Lift

Whether you're just starting your fitness journey or have been at it for awhile, Learn to Lift offers a chance to focus on form and functionality, while working different muscle groups each week.



## Butts & Guts

*This is a strength class focusing on core/abs and lower body. We use complex and isolation movements with minimal cardio. Great sub for a leg day! Tone your legs and also help prevent back pain by making your core stronger. Warm up, go heavy, and we never skip a good rewarding stretch at the end! All levels welcome, progressions and regressions offered.*

## Muscle Pump

*Muscle Pump is a high energy total body workout. Using weighted bars and free weights you will challenge all of your major muscle groups through squats, presses, lifts and curls. High repetition movements with low weight loads will help you achieve strength and introduce lean body muscle conditioning. This class is great for all fitness levels.*



## YOGA & MINDFULNESS



*Or, catch your breath and carve out time for mindfulness with one of our yoga classes. Think yoga is just yoga? Think again. Yoga comes in numerous styles and our yogis have you covered.*

## Ashtanga

*Ashanta Yoga is a dynamic system of yoga that leads its practitioners to achieve higher levels of flexibility, strength, and cardiovascular fitness. It is the system from which "power yoga," "vinyasa flow," & "flow yoga" came about. Ashtanga synchronizes the breath with a sequential series of postures (asanas) and places attention on the journey between the postures (vinyasa). The vinyasa element of the practice produces an intense internal heat and a purifying sweat that detoxifies the muscles & organs. Every class loosely follows the Ashtanga Primary Series and detailed alignment cues are offered so all skill and flexibility levels are welcome.*

## Buti

*Buti Yoga is a soulful blend of power yoga with cardio-intensive dance & deep abdominal toning, but utilizes the Spiral Structure Techniques (SST). Many movement methodologies focus exclusively on the linear plane of motion. The result? Overtraining some abdominal muscles, while neglecting others. The SST trains ALL core muscles and is a critical engagement to prevent injury while maximizing core strength and appearance.*





## **Beginner Yoga**

*Designed for beginners, this class focuses on basic poses, healthy alignment, strengthening muscles, and breath work. . Non-beginners will also benefit by taking it back to the basics and fine-tuning your practice.*

## **Vinyasa Flow**

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

## **All Levels**

*This Vietnamese Raja Yoga class draws inspiration from martial arts to challenge strength, flexibility and balance, and includes a unique warm-up with a Vietnamese meditation bell. This class is customizable to accommodate different levels.*

# **MASSAGE THERAPY**



*For sore muscles, achy backs, or just some self care, let our massage therapists work their magic and make you feel like a rockstar. Whether you need full body or a specific area, our team of certified massage therapists offers a variety of services:*

- **Deep Tissue**
- **Hot Stone**
- **Pre-Natal Massage**
- **Trigger Point**
- **Aromatherapy**
- **Sports**
- **Swedish**
- **Fitness Massage**
- **Thai**



# PERSONAL TRAINING



*Our instructors do an excellent job at offering modifications and encouraging participants to perform to their own individual ability, making all of our classes appropriate for all levels of fitness. If group fitness isn't your thing, our expert personal trainers are standing by with individualized training plans and large doses of motivation. They offer training to individuals, partner training or small groups. We even have trainers with specialized skills such as boxing and running. Some of the things our trainers can assist you with include:*

- *Assess your current fitness and help set short and long term fitness goals*
- *Learn proper technique in strength, cardiovascular and flexibility exercises*
- *Gain strength and endurance with scientifically based exercise programs and schedules*
- *Improve body composition through proper nutrition and exercise*



Classes are offered at Panzer, Patch, Robinson and Kelley Fitness Centers. Go to: <https://stuttgart.armymwr.com/programs/sports-fitness-centers>, scroll down and click on the "Fitness Classes" option to view current schedules.

**For more information, visit [stuttgart.armymwr.com](https://stuttgart.armymwr.com).**



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Your Marketing Team's look behind the scenes of USAG Stuttgart.



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STUTT GART

# FARMER'S MARKETS

(WOCHENMARKT)

*We've got the deets for your fresh  
veggies, eggs, meats, and more!*



**MITTE**

**MARKTPLATZ 1, IN FRONT OF THE RATHAUS**

Tuesday, Thursday, 7am - 1pm / Saturday, 7am - 1:30pm

Marktplatz is the big one! It's been around since 1304 on Tuesdays & Saturdays, but was upgraded in 1775 to add Thursdays as well. They have a huge selection of local produce, eggs, poultry, dairy products, baked goods, honey, teas, spices, meats, and fish. There's also an ATM nearby for those last-minute purchases you can't bear to leave behind. Make sure you bring your shopping basket or cart!

**MITTE**

**SCHILLERPLATZ 1, IN FRONT OF STIFTSKIRCHE**

Tuesday, Thursday, 7am - 1pm / Saturday, 7am - 1:30pm

This is the place to hit up for fresh flowers and plants - while they do have a veggie, egg and baked goods selection, it's not quite as large or diverse as Marktplatz. Schillerplatz is only a short walk from the Rathaus.

**WEST**

**BISMARCKPLATZ, IN FRONT OF ST. ELIZABETH'S KIRCHE**

Tuesday, Thursday & Saturday, 7am - 12:30pm

Mid-size market offering meats, fish, baked goods, fresh produce, cheese, eggs, dairy and poultry. Grab a coffee or mimosa at the trendy Die Metzgerei cafe while you're out there!

**SUD**

**HESLACH, BIHLPLATZ, IN FRONT OF RESTAURANT OCHSEN**

Saturday, 7am - 12pm

Smaller market offering meats, poultry, baked goods, fresh produce, cheese, eggs, and dairy. There's also a market at nearby Marienplatz on Wednesdays, 10am - 6pm.

## More markets around Stuttgart:

**BAD CANSTATT, BEZIRKS RATHAUS** / Tuesday, Thursday, & Saturday, 7am - 1pm

**VAIHINGEN, THE RATHAUS** / Wednesday & Saturday, 7am - 12:30pm

**MÖHRINGEN, OBERDORFPLATZ** / Saturday, 7am - 12:30pm

For more information, visit: <http://www.stuttgarter-wochenmaerkte.de>



Did you find the cheese of your dreams?  
Post your pics on Instagram and tag us @StuttgartFamilyMWR

# FAMILY & MWR *Upcoming* **EVENTS**



## **JULY**

### **4 • INDEPENDENCE DAY CELEBRATION**

Husky Field, 3 p.m.

### **9 • CYS RECRUITMENT FAIR**

ACS Computer Lab, 3 p.m.

### **18 • INTRO TO ROCK CLIMBING**

Panzer Fitness Center, 5:30 p.m.

### **20 • TANDEM SKYDIVING**

Outdoor Recreation

### **20 • DISCOVER SCUBA**

Outdoor Recreation

### **27 • PARIS, CITY OF LIGHTS**

MWR Tours



*Ready for the 4th of July? Come on out for amazing live performances by rock bands Fastball & Lit, carnival games, the Warrior Challenge, kid's activities, tons of tasty treats and a spectacular firework show to top it off! Fun for the whole family!!*



# AUGUST

## 10 • ALPACA TREKKING

Outdoor Recreation

## 10 • EAGLES NEST & KONIGSEE

MWR Tours

## 10 • CUSTOMER APPRECIATION DAY

Galaxy Bowling Center, 12 p.m.

## 17 • GLIDER RIDES

Outdoor Recreation

## 23 • NAVIGATING MIDDLE SCHOOL

ACS, 3 p.m.

## 23-25 • STUTTGART CLUB CHAMPIONSHIP

Stuttgart Golf Course

## 24 • BACK TO SCHOOL SALE

Patch Arts & Crafts, 10a.m.



# SEPTEMBER

## 14 • FALKENSTEINER CAVE SPELUNKING

MWR Tours, 10 a.m.

## 18 • PARENT ADVISORY MEETING

Patch Youth Center, 11:30 a.m.

## 21 • OKTOBERFEST OPENING DAY

MWR Tours

## 24 • STUTTGART COLLEGE FAIR

Stuttgart High School, 5:30 p.m.

## 25 • SAVINGS, SCHOLARSHIPS & STUDENT LOANS

ACS, 11:30 a.m.

## 28 • PARENTS' DAY OUT

Parent Central Services, 10 a.m.



*This information is subject to change and is not a complete list of events. For more information, visit [stuttgart.armymwr.com](http://stuttgart.armymwr.com)*



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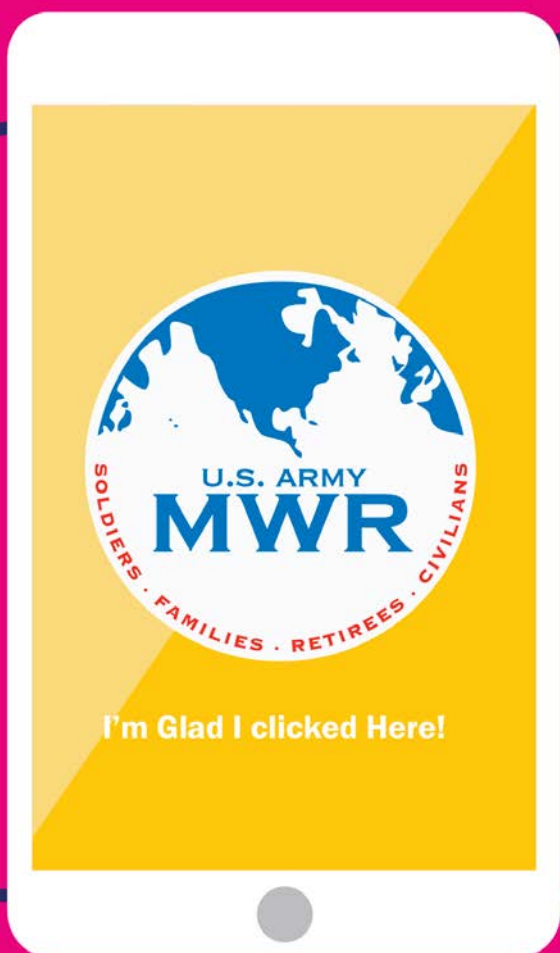
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**Never miss another Stuttgart  
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You don't need to type a web address every time you want to access [stuttgart.armymwr.com](http://stuttgart.armymwr.com) - just tap on a shortcut to open the page!



## Here's how to do it:

### { iphone }

Open your browser and go to [stuttgart.armymwr.com](http://stuttgart.armymwr.com).

Tap on the "Share" icon at the bottom. This looks like a square with an arrow pointing upwards.

Select the "Add to Home Screen" icon.

Give your Link Button a name.

Tap on the word "Add" in the upper right hand corner.

The Stuttgart MWR shortcut should now appear on your home screen.

### { android }

Open your browser and go to [stuttgart.armymwr.com](http://stuttgart.armymwr.com).

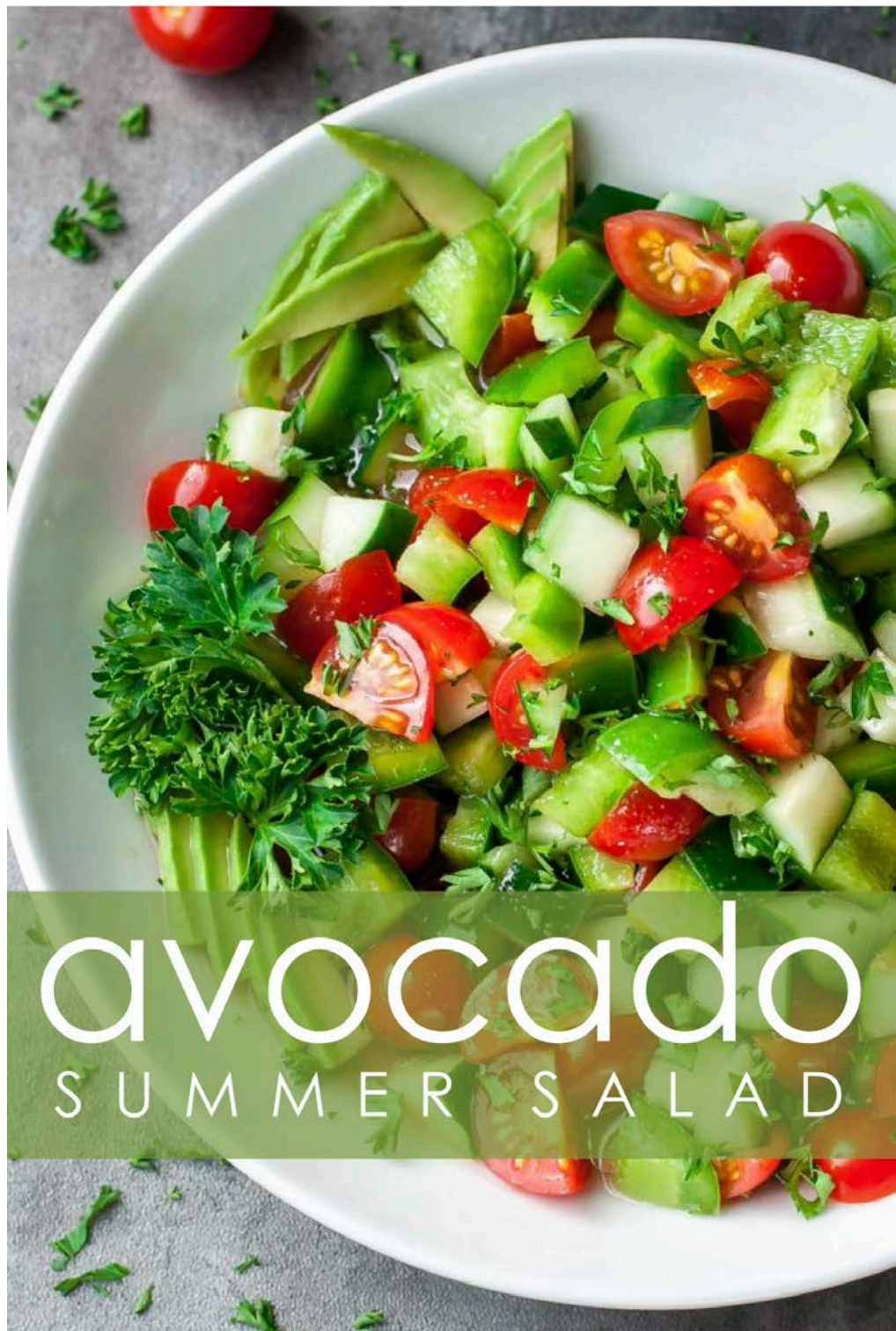
Tap on the 3 vertical dots in the top right corner.

Select, "Add to Home Page".

Your shortcut To Stuttgart MWR should now appear on your home screen.

**You're all set!**

**(Now your smartphone is a little smarter!)**





**A COOL, REFRESHING SUMMER SALAD - PERFECT ON ITS OWN OR AS A SIDE DISH FOR GRILLED STEAK OR FISH!**

## ..... **INGREDIENTS:**

2 ripe medium avocados  
1 large diced tomato, or 2 cups sliced cherry tomatoes  
1 cup diced cucumber  
1/2 juice lemon, squeezed  
3/4 cup Feta cheese, crumbled  
2 tablespoons olive oil  
Salt and pepper to taste  
2 tablespoons chopped mint



## ..... **INSTRUCTIONS:**

Pit and dice avocados. Combine the diced tomatoes and feta cheese in a large bowl; toss together. Add the diced avocado, olive oil, and lemon juice. Season with Knorr Kräuterlinge Gartenkräuter and salt and pepper, if desired. Add chopped mint. Gently mix well and serve.

Knorr Kräuterlinge Gartenkräuter is available in the seasoning section of most German supermarkets for around €3,99.

.....  
**ENJOY!** • Prep Time: 10 minutes • Serves 3-4

## ..... **OPTIONAL:**

Need this vegan-friendly? Just omit the feta cheese! The seasoning is not required, but it does add a wonderful flavor. You could also substitute fresh dill, or any seasoning mix of your choice. Want to make this a whole meal? Top with a grilled salmon filet & serve with hot, crusty french bread.

*Recipe courtesy of Danielle Mancillas.*



*Let us know how it turned out! Was it a hit? Did you add a twist?  
Post your pics on Instagram and tag us @StuttgartFamilyMWR*

**MWR  
TOURS**



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in

# TRANSYLVANIA

with

# DRACULA

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- ✓ ALL ENTRY TICKETS ✓ (4) OVERNIGHTS
- ✓ BREAKFASTS & DINNERS ✓ GUIDED TOURS

\*Rates apply only with 2 paying adults. Single supplement + \$169.

MWR Tours, Panzer Kaserne, Bldg 2915, Room 312B, DSN 431-2104 or CIV 07031-15-2104 [stuttgart.armymwr.com](http://stuttgart.armymwr.com)





MWR TOURS



# Wednesday

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# PICTURE *this*



## London & Dublin

Photographed by Janene Creer

*For spring break this year I took my youngest son Cade and his friend Travis to Dublin and London. My husband was TDY and our other kids are out of the house, so off we went! We left late on Sunday evening and traveled by Ryanair to Dublin. We toured Blarney, Cork, and Cahir castle, and thoroughly enjoyed the day, I highly recommend it! On Wednesday we flew to London, and we made a brief stop at Buckingham Palace just for the boys to say they'd seen it. It was not a day where the changing of the guards took place, so we just looked for a few minutes and then started the walk towards Trafalgar Square, where I insisted the boys climb on one of the large Lion statues so I could take pictures. - Janene Creer*

### GIVE US YOUR BEST SHOT!

Send your snaps to [stuttgartmwr@gmail.com](mailto:stuttgartmwr@gmail.com), include your name and any info about the photo you'd like to share (location, camera, story, etc.). Maybe you'll inspire someone to adventure to a place they've never been, try something new (or not), or just make us laugh. We can't promise fame and fortune, but we just might publish your photo!

# MWR FACILITIES PHONE LIST (DSN)

## KELLEY BARRACKS

CIV 0711-729+Last Four Digits

Arts & Crafts Center .....	421-2519
Broadway Java Café.....	421-4045
Child, Youth & School Services	
CDC I .....	421-2541
CDC II .....	421-2056
School Age Center.....	421-2975
Entertainment Branch	
Box Office/Tickets .....	421-3055
Box Office/Tickets .....	421-4091
Theatre Center Office .....	421-3258
Fitness Center.....	421-2543
Kelley Club .....	430-5433
Kelley Hotel .....	421-2815
Outdoor Recreation.....	421-4291
Family & MWR Administration ....	421-2089
Family & MWR Marketing.....	421-2871
Private Organizations .....	421-2622

## PANZER KASERNE

CIV 07031-15+Last Four Digits

Army Community Service.....	431-3362
Army Emergency Relief.....	431-3348
Family Advocacy .....	431-3328
Domestic Violence	
24/7 Hotline .....	CIV 0176-262-48894
Sexual Assault	
24/7 Hotline .....	CIV 0631-413-7280
Auto Skills Center.....	431-2555
Speedy Lube .....	431-2555
Child & Youth Services	
CDC.....	431-2619
School Age Center.....	431-2624
Youth Center .....	431-3040
Sports & Fitness .....	431-2616
Fitness Center.....	431-2724
Galaxy Bowling Center.....	431-2575
MWR Tours .....	431-2104
Panzer Hotel .....	431-3490
UTAP.....	431-3451
VAT .....	431-3368
NAF Human Resources.....	593-7026
or CIV 09641-70-593-7026	

## ROBINSON BARRACKS

CIV 0711-819+Last Four Digits

Child & Youth Services	
School Age Center.....	420-7017
Youth Center .....	420-7189
Fitness Center.....	420-6317

## PATCH BARRACKS

CIV 0711-680+Last Four Digits

Arts & Crafts Center .....	430-5270
Backlot Bar .....	430-7111
BOSS .....	430-7135
Car Wash .....	430-7266
Child & Youth Services	
CDC .....	430-5123
Family Child Care.....	430-4047
Parent Outreach Services.....	430-7480
Parent Central Services .....	430-7480
School Age Center.....	430-4494
School Liaison Office.....	430-7465
SKIES .....	430-6281
Youth Center .....	430-7204
Fitness Center.....	430-7136
Java Café .....	430-8365
Patch Library.....	430-5232
Patch Community Club.....	430-5433
Swabian Special Events Center ....	430-5433

## STUTTGART GOLF COURSE

(DSN NOT AVAILABLE)

Aldingerstr. 975, Kornwestheim

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Pro Shop.....	07141-879151
Restaurant.....	07154-137-9674





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Mahdentalstr. 68 · 71065 Sindelfingen  
[Stuttgart-Marriott-Sindelfingen.com](http://Stuttgart-Marriott-Sindelfingen.com)



# PATCH BARRACKS FAMILY AND MWR FACILITIES MAP

- 1 Car Wash
- 2 The Hub Youth Center
- 3 Patch Fitness Center
- 4 Patch Community Club/Backlot Bar
- 5 Child Development Center (CDC)
- Child, & Youth Services Admin
- Parent Central Services
- 6 Arts and Craft Center
- 7 Library
- 8 Java Café
- 9 The Swabian Special Events Center
- 10 School Age Center (SAC)

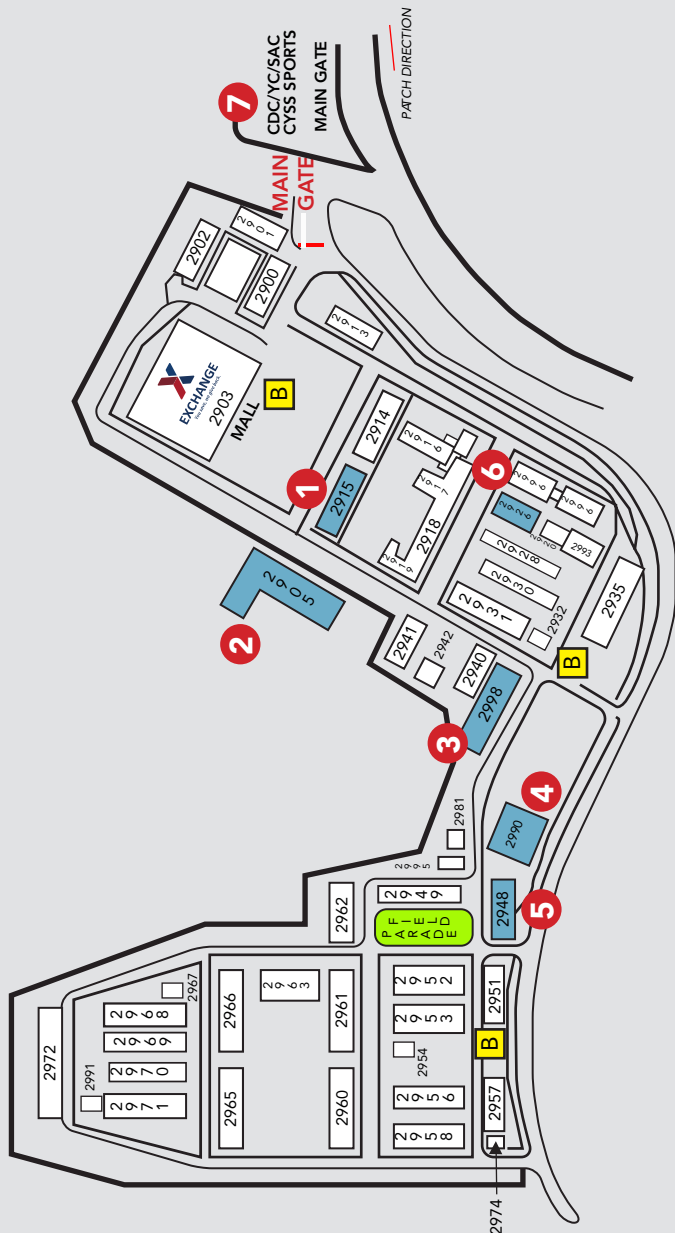


**B** Shuttle Bus Stop



# PANZER BARRACKS

## FAMILY AND MWR FACILITIES MAP



**1** Army Community Service (ACS)  
MWR Tours  
VAT/UTAP Office

**2** Panzer Hotel  
**3** Galaxy Bowling & Entertainment Center

Irish Pub  
**4** Panzer Fitness Center

**5** NAF Human Resources

**6** Automotive Skill Center

**7** Child & Youth Services (CYS)



**B** Shuttle Bus Stop



# KELLEY BARRACKS FAMILY AND MWR FACILITIES MAP

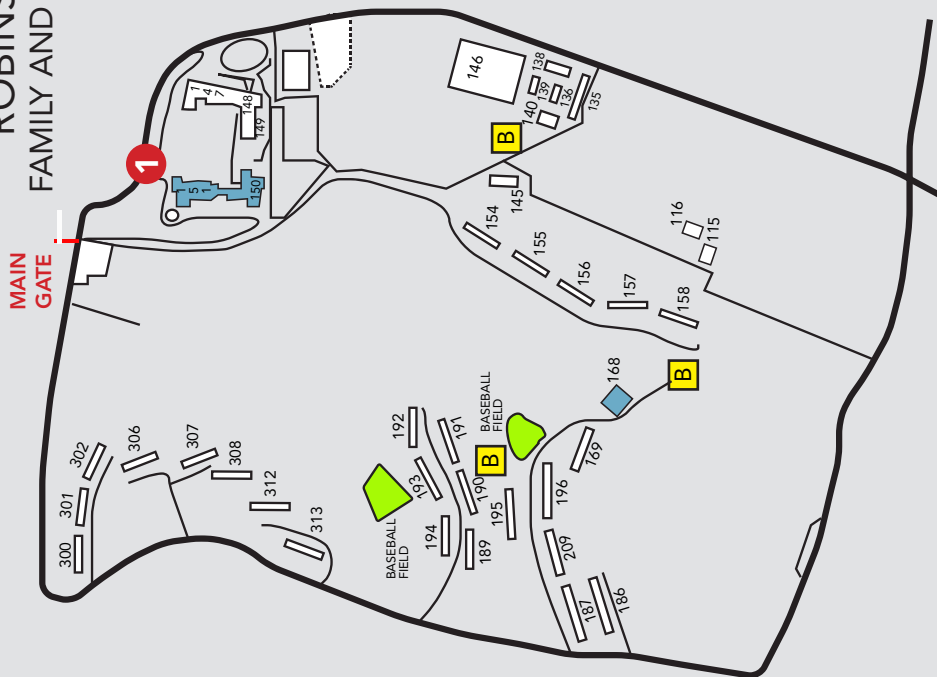
- 1 Kelley Club
- 2 Kelley Hotel
- 3 Child Development Center II (CDC)
- 4 School Age Center
- 5 Car Wash
- 6 Fitness Center
- 7 Child Development Center I (CDC)
- 8 Stuttgart Theatre Center
- 9 The Broadway Café
- 10 Outdoor Recreation
- DFMWR Office
- Private Organizations
- 11 Kelley Arts & Crafts Center



**B** Shuttle Bus Stop



# ROBINSON BARRACKS FAMILY AND MWR FACILITIES MAP



**1** Fitness Center  
Youth Center &  
School Age Center



**B** Shuttle Bus Stop

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