



GROUP FITNESS CLASSES

High Intensity Interval Training, Pilates & Strength Classes

Total Body Blast w/ Erica

Every class varies, but each class will always provide you a total body workout by incorporating variations of HIIT; body weight exercises; strength training with a variety of weights including dumbbells, barbells, and kettlebells; plyometrics; Tabata, circuit training; and more.

H.I.I.T w/ Taryn

This high-energy class combines cardio bursts and strength training to elevate your heart rate and challenge your body. Using weights, body weight and interval style circuits, you'll build strength and endurance. All levels welcome!

Fit & Fast in 45 w/ Tasneem

45 minutes of a complete total body challenge. Start the session with a good 5-minute warm up followed by a 20 minute full body strength training set with dumbbells and barbells. Finish your session on high with cardio conditioning class that will challenge your conditioning, coordination, power and strength. All Levels welcome.

Functional Fitness w/ Nicole

Our Functional Fitness Classes are programmed to challenge your physical capabilities in a fun atmosphere while working to improve your Physique, Mental Health, Cardiovascular Endurance, Stamina, Strength, Flexibility, Power, Speed, Coordination, Agility, Balance and Accuracy. We utilize Dumbbells, Kettlebells, and Body Weight for these Classes. Each class has a Dynamic Warmup, Strength, Conditioning, and Core.

Weightlifting w/ Nicole

This class is a Strength Training Program. Designed to help you improve your Olympic Weightlifting; as well as your form & technique on various Weightlifting and Accessory Movements. We utilize Barbells, Kettlebells, Cardio Equipment and Resistance Bands for these Classes. Each class has a Dynamic Warmup, Main Lift, 2-3 Supporting Strength/Accessory Movements, and Core.

Muscle Pump w/ Amy

Muscle Pump is a 60 minute class that combines traditional strength training with functional exercises in an easy to follow group setting. Equipment used includes adjustable bar, hand weights and body weight to maximize results. This class offers a challenge for everyone - from those brand new to strength training to seasoned lifters

Strength Circuit w/ Anais

A full body workout that combines strength exercises in a circuit format to build lean muscle, boost metabolism, and feel strong from the inside out.

Tough Love Pilates w/ Naomi

This class integrates Pilates movement with high interval intensity training for a cardio boost. Pump up your heart while maintaining core strength and a mind-body awareness. A great way to strength train.

Barre Fusion w/ Naomi

A low impact strength training class inspired by ballet barre with a healthy addition of Pilates fundamentals. We will focus on muscle toning, flexibility, posture, and overall small precise movements.

Pilates Fusion w/ Naomi

A blend of mat Pilates and strength training. We will increase flexibility, pelvic floor strength, balance, posture, and mind-body connection.

Power Sculpt w/ Jillian

Power Sculpt is a dynamic workout that combines traditional yoga poses with strength training and cardio exercises. Participants use light hand weights and perform movements like squats, lunges, and bicep curls to build lean muscle mass and boost metabolism. This fusion enhances flexibility, balance, and mental clarity while providing a comprehensive, calorie-burning session.

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





GROUP FITNESS CLASSES

Yoga Classes

Slow Flow Yoga/Candlelight Yoga w/ Taryn

Start your week with calm and clarity. This beginner-friendly class focuses on gentle movement, deep stretching and breath work to help you feel relaxed, focused, and refreshed.

Lunchtime Zen w/ Bobbi

Step away from the desk and office to move, de-stress and recharge in the middle of your day.

This 45 minute yoga class will focus on stress reduction, gentle stretching and postural strengthening to improve focus and energy for your afternoon. We will always end with relaxation time. No yoga experience needed!

Dynamic Vinyasa Yoga w/ Katie

Flow through a dynamic sequence of postures that connect breath with movement. This class builds strength, flexibility, and balance while offering modifications for beginners and challenges for seasoned athletes. Expect a well-rounded practice that leaves you energized, focused, and centered.

Yoga for Strength and Mobility w/ Robin

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 w/ Robin

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.

Postpartum Yoga w/ Jillian

This gentle, restorative class helps new parents reconnect with their bodies through mindful movement, breath, and core-strengthening exercises. Emphasis is placed on pelvic floor recovery, stability, and emotional grounding in the postpartum period.

Prenatal Yoga Class w/ Jillian

This nurturing class supports expecting parents through safe, trimester-appropriate movement, breathwork, and relaxation techniques. Each sequence is designed to build strength, relieve tension, and foster a deep connection to baby and body during pregnancy.

Restorative Yoga w/ Katie

A deeply calming practice designed to release tension and restore balance in the body and mind. Using props for full support, you'll settle into gentle poses held for several minutes, allowing for profound relaxation and stress relief. Perfect for all levels, this class is ideal for recovery, renewal, and deep rest.

Vinyasa Yoga w/ Yayoi

Vinyasa is a style of yoga where the poses are strung together to make a sequence. You move from one pose to another, seamlessly while you breathe, and create dynamic beautiful flow. This fluid practice helps enhance strength and mobility as well as balance body and mind. There will be lots of yogi push-ups and energetic arm balances but no worries! Various modifications and variations will be provided.

Yoga for Flexibility and Posture w/ Yayoi

This class is a slow-paced, gentle yoga that focuses on flexibility and mobility for better posture and balance. You will also gain strength to realign and support your body while cultivating self-awareness and mindfulness. This class is suitable for beginners, but all levels are welcome.

Vinyasa Yoga w/ Robin

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.

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



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.

Martial Arts

Kickboxing w/ Erica

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.

Krav Maga w/ Josh

Krav Maga is a tactical and practical hand-to-hand combat self-defense system used by military and law enforcement agencies and civilians around the world. Students learn to defend against all variety of attacks and are taught to counter in the quickest and most efficient way as a last resort, prioritizing de-escalation or avoidance of confrontation, if possible. There is a strict adherence to safety in training to prevent injury, protect your classmates and work together as a team.

Specialty Membership Group

S.L.A.M. (Sweat Like a Mother) w/ Kareena & Taryn

S.L.A.M. is a fitness community designed for women and mothers to motivate and lift each other up. Classes are 60 minute boot-camp style workouts, featuring instructor-led warm ups, running or walking routes with multiple strength and conditioning stations, and stretching cool downs. S.L.A.M. is inclusive to all mothers in various fitness levels; exercises are offered for those who are pregnant, newly postpartum, or have injuries. Classes meet outdoors on Husky Field and move indoors at Patch Fitness Center for inclement weather. Beyond fitness, a S.L.A.M. membership also includes monthly events like mom's night out and playgroups for children. Women may find a space to come as they are and realize how strong and powerful they are. Children are welcome to accompany their moms during workouts too! Your first class is always free.

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

