GROUP FITNESS CLASSES

(Current as of 1 October 2026)

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/ Jillian
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 that will challenge your cardiorespiratory system, coordination, power and strength. All levels welcome.

Functional Fitness w/ Brooke
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/ Shannon
This one-hour class starts with a dynamic warm up, then focuses on two main lifts followed by four accessory exercises to build strength, improve muscle balance, and reinforce good movement patterns. Core work is regularly mixed in to help build a strong foundation. Whether you are new to Olympic lifting or an experienced athlete, every movement is coached with an emphasis on proper form, safe progression, and long-term results.

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

Sunrise Pilates w/ Mandy
Start your day feeling centered, strong, and energized. This all-levels mat Pilates class blends mindful movement with purposeful exercises to lengthen tight muscles, build strength from the inside out, improve balance and set a focused tone for the rest of your day. We will be using small props such as bands, balls, or light weights to enhance muscle awareness, support proper alignment, and add variety to classic Pilates exercises.

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.

Barre Intensity w/ Spring
Combines attributes of Pilates, dance and functional fitness training. Incorporating small isolated movements to fatigue the muscles, large range motion to elevate the heart rate, and sequencing that incorporates upper and lower body to make every minute count. This results in a total body workout that leaves you mentally strong and feeling accomplished.

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 w/ Jillian
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.

Yoga for Balance and Flexibility w/ Kristen
Often ignored as part of fitness programs, in favor of cardio and strength training, flexibility and balance are key components of physical health and longevity, especially challenging as we age. This 60-minute yoga class will move you through a series of poses that connect breath to movement, focused on opening and stretching your muscles while improving physical strength and stability. These movements will get you out of your head and into your body, with opportunities to mindfully "level up" or "ground down" depending on how you are feeling. Suitable for students at all levels.

Yoga Reset 45 w/ Kristen
An opportunity to recharge and relax, so that you return to your day more balanced, more mindful, and more resilient. Suitable for beginners and more experienced yogis, this 45-minute flow is designed to allow time for the additional guidance you may need to understand yoga poses, move through yoga sequences, and coordinate movement with your breathing. Find your own space, physically and mentally, between effort and ease.

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 pilling 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.

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.

Spin/Indoor Cycling

Spin 45 w/ Spring
Low Impact, High Intensity class that incorporates sprints, heavy climbs, jumps, tabatas and isolations for a varied and exciting cardiovascular exercise. The class incorporates a scale of 1-10 based on your rating of perceived exertion (RPE) in order to give you your optimal individualized experience.

Spin 30 w/ Anna
Join our high-energy, interval-focused cycle classes suitable for all levels. In just 30 minutes, you'll experience a fun and challenging workout powered by great music that boosts strength and endurance!

Spin 30 w/ Brooke
Get ready to sweat, climb, sprint, and push your limits in this fast-paced 30-minute ride! This high-energy class combines motivating music with high-intensity intervals, powerful climbs, and recovery periods designed to improve endurance, build strength, and boost cardiovascular fitness. Whether you're new to cycling or a seasoned rider, you control the resistance and intensity, making this workout perfect for all fitness levels. Bring your energy, challenge yourself, and leave feeling stronger than when you walked in!

Spin 45 w/ Megan
Do you like to ride nowhere really fast? Come prepared to work hard and sweat like crazy during this fun 45 minutes of high energy cycling where you'll sprint, climb, and jump your way through an eclectic mix of music. We keep a fast and steady pace but welcome riders of all fitness and experience levels. Let's ride!

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 w/ Yvonne
This class welcomes everyone - regardless of age and gender - to celebrate Zumba's original style. The class begins with a warm up song to get the body ready and aligned with the four rhythms of Zumba: Cumbia, Reggaeton, Salsa, and Merengue. Throughout the class, Yvonne continously observe participants to adjust the music and rhythm to the spirit of the class, thus accommodating participants' needs for each session. Join the dance!

Zumba w/ Amy
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 grove to the beats of international music, torching calories while having a blast. No dance experience required.

Zumba + Lift w/ Spring
A varied Intensity Training (VIT) class, which includes the following components:
Cardio: Zumba segment.
Separate Strength Training segment using dumbbells, elastic bands, and/or bodyweight resistance.
Core Training within the individual cardio and strength segments.
Dynamic Mobility and Stretching in the Warm-up and Cool-down segments.

Zumba w/ Wilfa
Zumba — A high-energy dance fitness class set to Latin and world rhythms. Salsa, Merengue, Cumbia, and Reggaeton moves come together in an easy-to-follow workout that burns calories without feeling like exercise. No dance experience needed. 45–60 min. All levels are welcome.

Specialty Membership

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