



# GROUP FITNESS CLASSES

## Zumba

A mix of Latin rhythms and easy-to-follow moves, creating a dynamic workout system combined to tone & sculpt your body while burning fat.

## Cardio Kickboxing

is a beginner's workout that uses basic techniques for punching and kicking, as well as basic exercises move for toning muscles and building stamina. This class offers perfectly choreographed to high energy and motivating music. All levels welcome.

## Total Body Blast

Every class varies, but each class will always provide you a total body workout by incorporating variations of HIIT, body weight exercises, resistance training, plyometric, Tabata and more. All fitness levels welcome.

## Yoga

Designed for beginners and seasoned practitioners alike, yoga offers flowing, dynamic, alignment-based sequence of poses that release tensions and bring balance, while synchronizing breath and movement.

## Kickboxing

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.

## Power Cycle

Are you bored with your current cardio routine? Do you want to step your overall fitness up a notch? Then Power Cycle is just what you need. Power Cycle is 30-minutes of H.I.I.T on a stationary bicycle designed to maximize your cardio output and achieve fast results. Two H.I.I.T sessions a week help build lean muscle and burn fat. Supplement or replace your current cardio sessions with Power Cycle and see the results! You don't need to be a cyclist to join the class, but some level of fitness is required.

## Bheemashakti Yoga

This class is a systematic form of yoga designed to open and strengthen the body. Specific movements are combined with breath techniques to help students access greater mobility, strength, mental focus and calmness of mind. Classes consist of exercises that support opening and strengthening the body in many dimensions which helps yoga practitioners progress towards more advanced yoga postures. Class is suitable for any yoga level from beginner to advanced, however is not recommended for pregnancy.

**For a current list of class offerings (including dates and times), please visit our website: [stuttgart.armymwr.com](http://stuttgart.armymwr.com)**

**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

