

Welcome to Group Exercise

"Fit To Fight" offers a wide range of fitness classes that are fun and challenging.

Please remember to exercise at your own pace. Drink plenty of water (especially in the hot summer months) before, during and after your workout. Remember to wear proper footwear and comfortable clothing.

We appreciate your comments and look forward to seeing you in class. If you are a new or pregnant student, please inform your instructor and modify your movements and workout intensity.

All classes offer a warm-up, intensity or heart-rate check, cool-down and final stretch.

FEES:

\$3.00 - Single class

\$50.00 - 20 points punch card (no expiration)

\$25.00 - 10 points punch card (no expiration)

Please ask front desk staff for money collection point for classes.

Group Exercise class schedules are subject to change.

NO fee for FIP participants (only designated FIP group exercise classes).

Equipment orientation is available upon request for all patrons.

All passes are non-refundable.

Group Exercise Schedule

MONDAY

Step9 a.m.
Strength Training for the New Ages .10:05 a.m.
Zumba11 a.m.
Cycling11:15 a.m.
Step5 p.m.
*Cycling5:15 p.m.
Yoga6 p.m.
Kickboxing.....7:15 p.m.

TUESDAY

Yoga9 a.m.
Pedal & Pump9 a.m.
Senior Strength10 a.m.
Step11 a.m.
Zumba5 p.m.
*Kick Boxing6 p.m.

WEDNESDAY

*Step9 a.m.
Yoga10 a.m.
Step11 a.m.
Cycling.....11:15 a.m.
Zumba5 p.m.
Cycling5:15 p.m.

THURSDAY

Step/Weights9 a.m.
Yoga9 a.m.
Seniors.....10 a.m.
Sets & Reps.....11 a.m.
Zumba5 p.m.
Kickboxing.....6 p.m.

FRIDAY

*Step9 a.m.
Cardio Fusion10:15 a.m.
Cycling11:15 a.m.
Yoga5 p.m.

SATURDAY

*Kickboxing.....9 a.m.
Zumba10:15 a.m.

SUNDAY

*Yoga1 p.m.
* Parent/Child Classes

Class day/times are subject to change, please call the Rambler Fitness Center for latest information.

YOUR GUIDE TO GROUP EXERCISE

GET FIT TO FIGHT!



RAMBLER FITNESS CENTER

Call 652-7263 or visit
www.myjbsa.fss.mwr.com
for more information.



RAMBLER GROUP EXERCISE CLASSES

HIGH/LOW AEROBICS

Step: (55 min) This high-energy interval training class alternates intermediate/advance step choreography with intensive muscle conditioning for a total-body workout.



Step/Weights: (55 min) This intense interval class incorporates basic step choreography with drills and strengthening exercises utilizing various pieces of equipment. Previous step experience is not necessary but a desire to work hard is required!



Cycle: (50 min) This group cycling class is designed for all levels of participants. It involves various cycling drills that offer an exhilarating cardiovascular workout.

MUSCLE CONDITIONING

Strength Training For The New Ages (50 min) Experience this challenging and dynamic whole body muscle conditioning class using dumbbells, bands, and body bars as resistance tools. This beginner/intermediate level class targets both upper and lower body extremities with an emphasis on stretching techniques.

SPECIALTY CLASSES

Yoga (55 min) This is an appropriate class for a newcomer as well as the more experienced yogi. The basic and advanced version of each posture will be detailed during the class. Be prepared to SWEAT. From head to toe your body will be invigorated and detoxified while you sharpen your mental focus and renew your spirit. All are welcome.



Pedal & Pump: (55 min) The A high intensity, low impact interval training class for all levels. Use weights to strengthen muscles, joints and bones in addition to using a stationary bike to increase aerobic fitness and burn calories.

Zumba: (55 min) Combines high-energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. This salsa-based aerobics class is fun and easy to do. No dance experience required! Add some spice and flare to your workout and shake your cha-cha!

Sets & Reps: (55 min) A strength and toning class designed to target every muscle group and to create sleek definition. The class will incorporate a mixture of floor exercises, weights, and the stability ball for a total body workout. Sets & Reps is a great way to tone up your physique and add a variety to your workout. Stick with this class and you will see results!

Seniors Strength: (55 min) Many problems of aging are simply due to loss of strength and muscle mass, which can be regained and maintained in these classes. Learn to use tubing, weights and low impact aerobics to increase your strength, muscle mass and bone density as well as improve balance and move more freely. These classes will not only help you feel years younger they will add years to your life!



Cardio Fusion: (55 min) This class keeps you moving by combining two of our various cardio workouts such as step, high/low, slide, circuits, etc... Get the better of two cardio worlds!

Kick Boxing: (55 min) Punch and kick your way to the latest fitness trend. This innovative workout implements new moves from boxing, kickboxing and a variety of martial arts. For all fitness levels.

