

APR 2024

SPANGDAHLEM FITNESS CENTER CLASS SCHEDULE



(This schedule is subject to change)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday										
1 <i>Family Day</i>	2 CORE SCULPT 9:30-10:00 (30MIN) INDOOR CYCLING 11:30-12:30 SABER FIT CLASS 15:00-16:00 INDOOR CYCLING 16:30-17:30 YOGA 17:00-18:00	3 INDOOR CYCLING 05:00-06:00 SABER FIT CLASS 06:00-07:00 BARRE 11:30-12:30 SABER FIT CLASS 16:00-17:00 ZUMBA 17:00-18:00	4 YOGA 08:30-09:30 HIIT 11:30-12:30 SABER FIT CLASS 15:00-16:00 YOGA 17:00-18:00	5 YOGA 08:30-09:30	6 YOGA 08:00-09:00 INDOOR CYCLING 09:30-10:30										
8 YOGA 09:30-10:30 INDOOR CYCLING 11:30-12:30 ZUMBA 17:00-18:00	9 CORE SCULPT 9:30-10:00 (30MIN) INDOOR CYCLING 11:30-12:30 SABER FIT CLASS 15:00-16:00 INDOOR CYCLING 16:30-17:30 YOGA 17:00-18:00	10 INDOOR CYCLING 05:00-06:00 SABER FIT CLASS 06:00-07:00 BARRE 11:30-12:30 SABER FIT CLASS 16:00-17:00 YOGA 17:00-18:00	11 YOGA 08:30-09:30 SABER FIT CLASS 15:00-16:00 YOGA 17:00-18:00	12 YOGA 08:30-09:30 BARRE 11:30-12:30	13 INDOOR CYCLING 09:30-10:30										
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22 YOGA 09:30-10:30 INDOOR CYCLING 11:30-12:30 ZUMBA 17:00-18:00	23 CORE SCULPT 9:30-10:00 (30MIN) SPIN/CORE/SCULPT 11:30-12:30 SABER FIT CLASS 15:00-16:00 INDOOR CYCLING 16:30-17:30 YOGA 17:00-18:00	24 INDOOR CYCLING 05:00-06:00 SABER FIT CLASS 06:00-07:00 SABER FIT CLASS 16:00-17:00 ZUMBA 17:00-18:00	25 YOGA 08:30-09:30 SABER FIT CLASS 15:00-16:00 YOGA 17:00-18:00	26 YOGA 08:30-09:30 BARRE 11:30-12:30	27 YOGA 08:00-09:00 INDOOR CYCLING 09:30-10:30										
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* 24/7 ACCESS WITH CARD ONLY

EIFEL POWERHAUS

Hours of Operations

Spangdahlem Fitness Center Bldg 580:

-Monday-Friday 5:00am - 10:00pm
-Saturday, Sunday, Down Days, and
Holidays: 9:00am - 5:00pm

24/7 access is available, please contact
the front desk for more information.

Attention: Facility is closed every 3rd
wednesday for training day. Access is
only possible with 24/7 access card!

Contact Information

DSN:452-6714

COMM: 06565-61-6714

Combat Fit Facility Bldg 152: Opening
hours - same as the main fitness center,
Bldg 580

Personal Trainers:

Janie Shaffer:

Cell 0160 9663 9557

Email: movewithjanie96@gmail.com

Specialty Classes

Brazilian Jiu Jitsu:

Mon-Thu 6:30pm - 8pm

Fri 5:00pm - 6:30pm

POC's:

Oscar Garcia

Email- Oscar.Garcia808@yahoo.com

Timothy Farmakis

Email- cleko.iomc@gmail.com

Crossfit Class: (at Bldg 152)

Mon-Fri 5:30am - 6:30am

POC: Codee Potts

Cell: 0151 7065 0542

Paid Classes

Bootcamp Class:

starting Apr,8th Mo/We/Fr

at 09:30am or 4:00pm

\$199 for 6 weeks

\$135 for 4 weeks

\$15 for a single session

POC:

Ricarda Marcou

Email- Ricarda84@icloud.com

Class Description and Instructors

Yoga with Sierra/Carina:

This vinyasa flow combines breath work, physical postures and meditation to help yogis connect their minds and bodies. Build strength, stamina, stability and flexibility through low impact and modifiable movements. All levels are welcome.

ZUMBA with Katrina: Mon & Wed @1700- 1800

Burn calories& tone muscles in this easy-to-follow cardio workout session that combines Latin & International music with dance movements (Salsa, Hip-Hop, Reggaeton, & more) which creates an exciting & effective workout

Equipment Orientation Class with Fitness Staff:

Fitness Center Staff will be providing demonstration on the correct use of equipment, such as Selectorized machines, plate loaded machines and cardio exercise equipment

SABER FIT Class: Wed @ 06:00 & 16:00, Tue&Thu @15:00

is the ultimate fitness program focusing on strength & stamina in an effort to assist airman in excelling in the Air Force Physical Training Assessment. This exciting, high energy, 60min class will focus on upper body strength, endurance, flexibility, & conditioning of core muscles.

Indoor Cycling with Ricarda, Martina, Stocky

This is more than just a workout, it is a comprehensive athletic training system with purpose, direction and components that are not only physical, but mental and inspirational as well. Whether you are a beginner or a skilled athlete, both start at the same level and be able to adjust resistance levels and exercises to their needs and capabilities.

BARRE class with Rebecca: Wed & Fri @ 1130 -

1230, Barre is a fun, upbeat and musically driven total body workout. It is low impact and high density which makes it great for all ages!

HIIT class with Kristen: Tue & Thu @ 1130 - 1230, High-

intensity interval training involves repeated bouts of high intensity effort followed by varied recovery times. The class will be broken down into three sections: a strength component, a cardio component and some functional training. This will be an upbeat tempo class with fun music and will give you a full body workout. Modifications are always given and are great for all ages!