

JUN 2024

SPANGDAHLEM FITNESS CENTER

CLASS SCHEDULE



(This schedule is subject to change)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday										
<p><i>Our Instructors:</i></p> <table border="1"> <tr> <td>KRISTEN</td> <td>STOCKY</td> </tr> <tr> <td>RICARDA</td> <td>MARTINA</td> </tr> <tr> <td>SIERRA</td> <td>BRIANNA</td> </tr> <tr> <td>KATRINA</td> <td>CARINA</td> </tr> <tr> <td>MILITARY INSTR.</td> <td></td> </tr> </table>					KRISTEN	STOCKY	RICARDA	MARTINA	SIERRA	BRIANNA	KATRINA	CARINA	MILITARY INSTR.		<p>1 YOGA 08:00-09:00 INDOOR CYCLING 09:30-10:30</p>
KRISTEN	STOCKY														
RICARDA	MARTINA														
SIERRA	BRIANNA														
KATRINA	CARINA														
MILITARY INSTR.															
<p>3 YOGA 09:30-10:30 INDOOR CYCLING 11:30-12:30 ZUMBA 17:00-18:00</p>	<p>4 INDOOR CYCLING 11:30-12:30 INDOOR CYCLING 16:30-17:30 SABER FIT CLASS 15:00-16:00 YOGA 17:00-18:00</p>	<p>5 INDOOR CYCLING 05:00-06:00 PILATES 11:30-12:30 YOGA 17:00-18:00</p>	<p>6 YOGA 09:30-10:30 SABER FIT CLASS 15:00-16:00 YOGA 17:00-18:00</p>	<p>7 YOGA 08:30-09:30</p>	<p>8 AEROBATHON 9:30 INDOOR CYCLING 10:10 ZUMBA 10:40 YOGA</p>										
<p>10 YOGA 09:30-10:30 INDOOR CYCLING 11:30-12:30 ZUMBA 17:00-18:00</p>	<p>11 CORE SCULPT 9:30-10:00 (30MIN) SABER FIT CLASS 15:00-16:00</p>	<p>12 INDOOR CYCLING 05:00-06:00 PILATES 11:30-12:30 ZUMBA 17:00-18:00</p>	<p>13 YOGA 09:30-10:30 SABER FIT CLASS 15:00-16:00 YOGA 17:00-18:00</p>	<p>14 YOGA 08:30-09:30</p>	<p>15 YOGA 08:00-09:00 INDOOR CYCLING 09:30-10:30</p>										
<p>17 YOGA 09:30-10:30 INDOOR CYCLING 11:30-12:30 ZUMBA 17:00-18:00</p>	<p>18 CORE SCULPT 9:30-10:00 (30MIN) SABER FIT CLASS 15:00-16:00 YOGA 17:00-18:00</p>	<p>19 <i>JUNE TEENTH</i></p>	<p>20 YOGA 09:30-10:30 SABER FIT CLASS 15:00-16:00 YOGA 17:00-18:00</p>	<p>21 YOGA 08:30-09:30</p>	<p>22 INDOOR CYCLING 09:30-10:30</p>										
<p>24 YOGA 09:30-10:30 INDOOR CYCLING 11:30-12:30 ZUMBA 17:00-18:00</p>	<p>25 CORE SCULPT 9:30-10:00 (30MIN) SABER FIT CLASS 15:00-16:00 INDOOR CYCLING 16:30-17:30</p>	<p>26 INDOOR CYCLING 05:00-06:00 PILATES 11:30-12:30 ZUMBA 17:00-18:00</p>	<p>27 YOGA 09:30-10:30 HIIT 11:30-12:30 SABER FIT CLASS 15:00-16:00 YOGA 17:00-18:00</p>	<p>28 YOGA 08:30-09:30</p>	<p>29 YOGA 08:00-09:00 INDOOR CYCLING 09:30-10:30</p>										

* 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:

currently not available

Paid Classes

Bootcamp Class:

starting Jun,3rd

Mo/We/Fr at 4:00pm

\$135 for 4 weeks

\$15 for a single session POC:

Ricarda Marcou

Email- Ricarda84@icloud.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

Massages:

- \$ 75.00 per Massage (60 Min.)
- \$ 40.00 per Massage (30 Min.)
- \$ 50.00 per Massage Neuromuscular
Therapy (30 Minutes)

Add on's to Massage Therapies
mentioned above:

- \$ 30.00 per Silicone Cupping Therapy
- \$ 20.00 per Hot Stone Therapy
- \$ 5.00 per Aroma Therapy
- \$ 20.00 per Anti Cellulite Therapy (per
focused area)

Call/text/email Allison Aldrich

Cell: 0151 7441 7880

Email: aldrichallison@gmail.com

(Payment must be made prior to scheduling an appointment.
Massages can't be scheduled for persons under 18 or pregnant)

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 @ 07:00, Tue, Wed & 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!