

January-April 2012

Group Exercise Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		0600 -0700 NOFFS		
0930-1030 Zumba Fit	0930 -1015 Wicked XRCise	0930-1030 Zumba Fit	0930 -1015 Wicked XRCise	0930 -1030 Yoga/Pilates
1130-1215 Lunch Time Yoga	1030 -1115 Spin	1030 -1130 Pilates	1030 -1115 Spin	1130-1215 Lunch Time Yoga
1730-1830 Spin	1700-1800 TRX	1730-1830 Spin	1700-1800 TRX	
1800 -1900 Zumba begins Feb 6th	1800-1900 Zumba Fit	1800 -1900 Zumba begins Feb 6th	1800-1900 Zumba Fit	1730-1830 Spin

MWR familyfitness

0945-1030 Sweat-n-Play	0930-1015 Mighty Tots	0945-1030 Sweat-n-Play	0930-1015 Mighty Tots	
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Program Descriptions

NOFFS

This class is guaranteed to wake you up. We have taken a different approach towards fitness by combining all the group exercise classes into an hour of power. Workouts are made up of energetic, explosive and high intensity exercises with the goal of achieving your personal best during each exercise. Every workout is different and exciting. Be prepared to go outside.

Spin

Join this high octane, fun, energetic and challenging ride. Leave all of life's troubles in the Fitness Center parking lot to join the mind and body together for 60 minutes. The class is for all fitness levels, after all it's your ride!

TRX

The TRX Suspension Trainer - The original, portable bodyweight training tool that helps build muscle, increase flexibility and tighten your core.

Wicked XRCise

Challenge your body and work every muscle with this full body workout. Wicked XRCise develops muscular strength and endurance. The class concentrates in shaping and toning your muscles and involves some weights, body bars and bands.

Yoga/Pilates:

Yoga/Pilates classes are suitable for any level practitioners including intermediate level. Classes include breath work and a variation of poses and relaxation. Yoga/Pilates emphasizes the balanced development of the body through core strength, flexibility and awareness in order to support efficient graceful movement.

Zumba Fit

This is a Latin-inspired dance-fitness program that blends red-hot international music and contagious steps to form a "fitness-party" that is downright addictive.

MWR familyfitness

Mighty Tots

Ages: 18 - 24 months. This class is a 45 minute program that allows you to drop your child off while you work-out! We will focus on tumbling, jumping, dancing, large gross motor skills, and balancing. This is also a great opportunity for your little one to build social skills with other children. Please note that you must remain inside the Fitness Center during the class.

Sweat n' Play

Meet us at the Fitness Center and bring your little ones. Sweat n' Play is for parents interested in exercising, with their children under their watchful eye. This class offers an instructional resistance class while your child plays. Sweat n' Play is strength and cardio class all rolled into one. For those of you with lots of responsibility and little time to work out, this is your class! This is also a great prenatal class. Even if you don't have kids to bring, your more than welcome to join us!



*Classes will not be held on American holidays.

	COST	TIME
▼ January 14th New Years Resolution 5 & 10k	Free	10a.m.
▼ February 25th Mardi Gras Adventure Run	Free	10a.m.
▼ March 17th St Patrick's Day 1/2 & 1/4 Marathon	\$20	10a.m.
▼ March 28th Spring Fling 5k	Free	7:15a.m.
▼ April 28th Rota Relay 5k run	Free	10a.m.
▼ May 18th Armed Forces 5k Run	Free	Noon
▼ May 19th Kids Duathlon	\$20	10a.m.
▼ May 30th Thank Goodness PRTs Are Done 5k	Free	7:15a.m.
▼ June 16th Sprint Triathlon	\$20	9a.m.
▼ June 27th Summer Fun 5k	Free	7:15a.m.
▼ July 4th Patriotic Formation Run 1.5m	Free	9a.m.
▼ September 5th Fall Fest 5k	Free	7a.m.
▼ September 8th Doggie Dash Run/Swim	Free	10a.m.
▼ September 15th Kids Triathlon	\$20	10a.m.
▼ October 13th Duathlon 10k Run 20k Bike	\$20	10a.m.
▼ November 3rd 1/2 and Full Marathon	\$20	8a.m.
▼ November 21st Thanksgiving 5k	Free	7:15a.m.
▼ December 1st Jingle Bell Pet Walk	Free	9a.m.
▼ December 5th Gift Run 5k	Free	7:30a.m.

Run Rota Run!

2012 Schedule



Call MWR Fitness Center
at 727-2565

2012 MWR INTRAMURAL SPORTS



Month	Sport	Category	Sign up by	Coaches Meeting	Play Begins	Days of the Week
January						
	BASKETBALL	Captain's Cup League	03-ene	05-ene	09-ene	Mon/Wed (6-8pm)
	PICK UP BASKETBALL	Recreation(on going)	N/A	N/A	05-ene	Wednesdays (11am-1pm)
February						
	RACQUETBALL TOURNAMENT	Double Elimination	31-ene	02-feb	06-feb	Mon-Fri (5-8pm)
	SOCCER OFFICIAL'S CLINIC	Official's Clinic	22-feb	N/A	27-29 Feb	Mon-Wed (5-8pm)
March						
	SOCCER	Captain's Cup League	21-feb	23-feb	01-mar	Mon/Wed (6-8pm)
	GOLF	Captain's Cup League	20-mar	22-mar	26-mar	Mondays (4:30-8pm)
	SOFTBALL OFFICIAL'S CLINIC	Official's Clinic	21-mar	N/A	26-mar	Mon-Wed (5-8pm)
April						
	SOFTBALL TOURNAMENT	Double Elimination	27-mar	29-mar	30-mar	Friday-Sunday
	SOFTBALL	Captain's Cup League	27-mar	29-mar	04-abr	Wed/Fri (6-8pm)
May						
	TENNIS TOURNAMENT	Double Elimination	01-may	03-may	07-may	Mon-Fri (5-8pm)
June						
	PICK UP BASKETBALL	Recreation	N/A	N/A	01-jun	Mon/Wed (5-7pm)
	PICK UP VOLLEYBALL	Recreation	N/A	N/A	02-jun	Tue/Thu (7-9pm)
	TRIATHLON	Fitness/Sports Event	15-jun	N/A	16-jun	Saturday (9am-12pm)
July						
	BASKETBALL TOURNAMENT	Double Elimination	03-jul	05-jul	09-jul	M/W/F (6-9pm)
	RAQUETBALL TOURNAMENT	Double Elimination	17-jul	19-jul	23-jul	Mon-Fri (5-9pm)
August						
	SOCCER TOURNAMENT	Double Elimination	24-jul	26-jul	02-ago	Mon-Fri (6-8pm)
	FOOTBALL OFFICIAL'S CLINIC	Official's Clinic	08-ago	N/A	13-ago	Mon-Wed (5-8pm)
	7 ON 7 FLAG FOOTBALL	Captain's Cup League	07-ago	09-ago	16-ago	Tue/Thu (6-8pm)
September						
	FALL GOLF	Captain's Cup League	28-ago	30-ago	05-sep	Wed (4:30-8pm)
	TENNIS TOURNAMENT	Double Elimination	18-sep	20-sep	24-sep	Mon-Fri (5-8pm)
	VOLLEYBALL OFFICIAL'S CLINIC	Official's Clinic	19-sep	N/A	24-sep	Mon-Wed (5-8pm)
October						
	VOLLEYBALL	Captain's Cup League	25-sep	27-sep	01-oct	Mon/Wed (6-8pm)
	SOFTBALL TOURNAMENT	Double Elimination	22-oct	24-oct	26-oct	Friday-Sunday
November						
	BOWLING	Captain's Cup League	30-oct	01-nov	05-nov	Mon/Wed (6-8pm)
	RAQUETBALL TOURNAMENT	Double Elimination	30-oct	01-nov	05-nov	Mon-Fri (5-9pm)
	DUATHLON	Fitness/Sports Event	16-nov	N/A	17-nov	Saturday (10am-12pm)
December						
	HOLIDAY HOOPLA	Double Elimination	04-dic	06-dic	10-dic	Mon-Fri (6-8pm)
	BASKETBALL OFFICIAL'S CLINIC	Official's Clinic	28-dic	N/A	03-dic	Mon-Fri (5-8pm)

Please see MWR 2012 Run Schedule for other CC events

Call MWR Sports Coordinator at 727-1916 for more information
E-mail: sports@rotamwr.com