SPINNING
Classes Tuesday & Thursdays, 12:00-12:45 a.m.

This is it! The original and most comprehensive indoor cycling program of its kind. This program combines cardiovascular training and a series of movements to give participants an unparalleled workout. The use of a heart rate monitor is encouraged to maximize the effectiveness of the program. It's done in a group environment that integrates music and visualization with virtually no learning curve and no impact.
The Spinning program is for people of all fitness levels. A great workout in just 45 minutes!
You must sign up at the Fitness Center Desk.

YOGA for EVERY BODY
Classes are Monday, Wednesday and Friday from 10:30-11:30 a.m. AND Tuesday, Thursday from 5:45-6:45 p.m.

This class is for any fitness or flexibility level. It's a great way to tone up AND un-wind. You don't need any equipment, but you may want to purchase a long, non-skid mat. Classes are being offered on a trial basis and *must have a minimum participation of 5 to continue.*

BODY BLAST
Fridays from 9:30 a.m.-10:30 a.m.

A 60 minute class designed to sculpt the body. Be prepared to have a lot of fun and get a great Workout!

We have regularly scheduled activities in our gym and Community room, along with special events and functions. Please feel free to call us to check on any changes at 361-5643.

STEP & STRENGTH
We will meet Monday and Wednesday 10:30-11:30 a.m.

Sweat your stress and calories away with a high energy floor aerobics, step and strength building class. You'll get a the best of both worlds with the awesome workout. The cardio portion includesstep, intervals and kickboxing moves with or without a step, strength exercises using dumbbbells, bands and balls.

PILATES
Classes Tuesday and Thursday 10:00-11:00 a.m.

While using a combination of floor exercises and strength equipment, you'll learn controlled breathing through strength and balance movements.
This mind-body awareness class will sharpen your strength and flexibility.

Fitness Center Orientation
Last Thursday of the month at 9:30 a.m.

First time here? Aren't sure what to do? How is the equipment set up? This is the class for you! If you can't make it to the tour, we're still here to answer all your questions. If we're helping someone else and you're pressed for time, though, set up a formal orientation with us at the front desk.

Chievres

Community Activity Center

Chievres CAC FITNESS Class/Event Schedule

FITNESS CLASSES	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
YOGA FOR EVERY BODY	1030-1130	1745-1845	1030-1130	1745-1845	1030-1130	
SPINNING	1200-1245		1200-1245		1200-1245	
STEP & STRENGTH	0930-1100		0930-1100			
WOMEN ON WEIGHTS**		0930-1100			0930-1100	
PILATES		1000-1100		1000-1100		
BABY BUGGY BRIGADE**	1030-1130		1030-1130		1030-1130	
PICKUP BASKETBALL						1100-1300
FITNESS CENTER ORIENTATION				*0930 Last Thursday of the Month*		

** Class Dates Vary-Please refer to monthly schedule*
*** Classes offered only on date posted*

Other classes/programs offered:
CPR/First Aid (offered Quarterly) Date TBA - Sign-up required
Fitness Assessments-By appointment only (20-30min)
Orientations-Last Thurs/Month (45 Min) Unofficial individual orientations upon request (less structured)

SELF DEFENSE may be starting soon, information to go out when we get it.
KICKBOXING will be starting back March 2007.

No classes are held during SHAPE or American holidays

Community Activity Center (CAC)

Hangar 4, Chievres Air Base
Fitness Center & Library are also located in the CAC.
DSN 361-5506 CIV 068 27-5506
Email address:
Chievresactivitycenter@benelux.army.mil

We have regular scheduled activities in our gym and community room along with special events and functions. Please see our posted schedule on the Sports and Fitness Board. As soon as we know our regular schedule will be interrupted, we will post the changes.

The CAC is also available for private and official functions to include a variety of events such as birthday parties, bazaars, traditional holiday observances etc.

U.S. ARMY MWR
FOR ALL OF YOUR LIFE

Biggest Loser

Weight Loss Challenge

2007

afcu

DSN: 361-5809