

MUELLER FITNESS CENTER
DSN: 440-2747 CIV: 08821 750-2747
HOURS OF OPERATION:
MONDAY – FRIDAY 0530 - 2000
SUNDAY 1030 – 1900
CLOSED ON SATURDAYS AND
US HOLIDAYS

June 2018

Spinning Indoor cycling class, focusing on muscle endurance and strength, followed by a 15 min session of flexibility exercise.

SCAT (Strength Cardio Agility Training)

Great way to burn fat, lose weight and get ultra-fit. This class is designed in the circuit format and is easy to follow at your own level of fitness.

Power Walking

1 hour fast tempo walk covering approximately 3 miles including exercises stops. This class helps to burn fat, shape and tone muscle, build bone strength and reduce stress.

Core&Cardio

Build your strong core rising your heart rate in the same time. This class is offered in the circuit format.

Assessments

Do you want to keep your health and fitness under control? Starting from April you can schedule an appointment for your monthly assessment and check your actual performance. Each assessment lasts about 30min. and evaluates:
 Cardiovascular: 1 mile treadmill walk or 1,5 mile treadmill run
 Muscle endurance: push-ups or crunches
 Core strength
 Flexibility
 Balance
 Body composition

Softball

Games: Mondays, Tuesdays and Thursdays 1800 & 1900

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 CLOSED
3	4	5	6	7	8	9 CLOSED
10	11	12	13	14	15	16 CLOSED
17 Assessments 1600-1800	18 0900 Power Walking 1200 Spin	19 1200 SCAT	20 Assessments 0600-0800 0900 Core &Cardio	21 1200 SCAT Assessments 1730-1930	22	23 CLOSED
24 Assessments 1600-1800	25 0900 Power Walking 1200 Spin	26 1200 SCAT	27 Assessments 0600-0800 0900 Core &Cardio	28 1200 SCAT Assessments 1730-1930	29	30 CLOSED