

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

July

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 3miles 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 heath 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: 1mile 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 0900 Power Walking	3 1200 SCAT	4 CLOSED	5 1200 SCAT	6	7 CLOSED
8	9 0900 Power Walking	10 1200 SCAT	11 0900 Core & Cardio	12 1200 SCAT	13	14 CLOSED
15	16 0900 Power Walking	17 1200 SCAT	18 0900 Core & Cardio	19 1200 SCAT	20	21 CLOSED
22	23 0900 Power Walking	24 1200 SCAT	25 0900 Core & Cardio	26 1200 SCAT	27	28 CLOSED
29	30 0900 Power Walking	31 1200 SCAT				