

GROUP FITNESS CLASSES

UHPC WORKOUT Every weeknight, the Duty UHPC will be conducting a fitness class from 1730-1815. These classes will vary with each UHPC, but everyone is welcome to come down and get involved in a variety of different workouts and fitness classes.

BOOT CAMP FITNESS Now you can get back into boot camp shape with Boot Camp Fitness, a program designed to build strength and fitness through a variety of intense group interval exercises. Allow certified Boot Camp instructor Elise Moseley to "motivate" you back into military shape every Friday at 1130.

BOXING CONDITIONING Have you ever wanted to learn the proper technique to throw a punch, how to defend yourself from an incoming punch, learn all the basic boxing techniques, or increase your power, speed, stamina, and agility like a boxer? Now you can learn all of that and more through Boxing Conditioning. Allow certified instructor ET1 Terrence Joseph train you in the "Sweet Science" and mold you into a lean and mean boxing machine. Classes are held every Tuesdays and Thursdays at 1630. (Classes are for 18 & up only.)

JUDO Judo (meaning "gentle way") is a modern martial art and combat sport created in Japan where the object is to either throw or takedown your opponent to the ground, immobilize or otherwise subdue your opponent with a grappling maneuver. Both kids and adult judo classes are available on Tuesdays and Thursdays. A judo gi (uniform) is mandatory for this class.

R.I.P.P.E.D. Experience this total body "plateau proof fitness formula" workout, utilizing resistance and cardio training, which masterfully combines Resistance, Intervals, Power, Plyometrics, Endurance, and Diet components of R.I.P.P.E.D. to help you attain and maintain your physique in ways that are fun, safe, doable and extremely effective. Join certified R.I.P.P.E.D. instructor Elise Moseley every Monday at 1630 for this "One Stop Body Shock".

SPINNING Join our certified Spinning instructor staff in cycling inspired rides that combine sound training principle, expert coaching, inspirational music, and a unique mind/body philosophy. Classes held every Wednesday at 1130.

TOTAL CIRCUIT FITNESS Utilizing different equipment, such as medicine balls, BOSU balls, resistance bands, dumbbells, kettlebells, ab wheels, agility ladders, TRX suspension bands, Swiss balls, plyometric boxes, "Total Circuit Fitness" instructor ETC Joseph Baldueza puts you through various full-body conditioning exercises combining resistance training and high-intensity cardio. Join "Total Circuit Fitness" every Tuesday at 1130 on the gym floor.

TRX Certified TRX instructors utilize suspension training exercises that build true functional strength and improve flexibility, balance and core stability all at once, as is required on the playing fields of sports and life. Group TRX classes are held every Thursday at 1130.

YOGA Yoga is held twice a week with our very own Namaste, Jane Lybecker. Come, relax and stretch out your stresses. A great change of pace for those just beginning a workout schedule. Classes are now at the gym on Mondays at 1130 and Wednesdays at 1630. (POC: Jane Lybecker)

ZUMBA Zumba Fitness is moving the world to a new beat. Are you ready to party yourself into shape? Let certified instructor BMC Jennifer Stanton lead you in an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party that's moving millions of people toward joy and health.

PICK-UP GAMES

BASKETBALL Full court pick-up games are held at the gym every Mondays, Wednesdays and Fridays at 1130-1300.

ULTIMATE FRISBEE Another popular alternate fitness activity played biweekly on the fields of TRACEN. Weather permitting Mondays, Wednesdays and Fridays from 1130-1300.

VOLLEYBALL Indoor volleyball at the gym is open to everyone every Tuesdays and Thursdays 1800-2000.

Reminder: All classes are canceled on red letter holidays.

CONTACT INFORMATION

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NORMAL HOURS OF OPERATION

Monday-Thursday: 0530-2200
 Friday: 0530-2100
 Sunday, Saturday, Holidays: 0800-2000
 (Unless otherwise specified)

USCG Training Center Petaluma September 2012 Fitness Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 LABOR DAY Gym Hours: 0800-2000	4 1130: Total Circuit Fitness 1630: Boxing Conditioning 1730: UHPC Workout	5 0900: Mommy & Me 1130: Spinning 1630: Yoga 1700: Family Fitness Fun 1730: UHPC Workout	6 1130: TRX 1630: Boxing Conditioning 1730: UHPC Workout 1800-2000: Judo Sign-Ups	7 1130: Boot Camp Fitness 1730: UHPC Workout	8
9	10 1130: Yoga 1630: R.I.P.P.E.D. 1730: UHPC Workout	11 1130: Total Circuit Fitness 1630: Boxing Conditioning 1630: Zumba 1730: UHPC Workout 1830: Judo Kids 1930: Judo Adults	12 0900: Mommy & Me 1130: Spinning 1630: Yoga 1730: UHPC Workout	13 1130: TRX 1630: Boxing Conditioning 1730: UHPC Workout 1830: Judo Kids 1930: Judo Adults	14 1130: Boot Camp Fitness 1730: UHPC Workout	15
16	17 1130: Yoga 1630: R.I.P.P.E.D. 1730: UHPC Workout	18 1130: Total Circuit Fitness 1630: Boxing Conditioning 1630: Zumba 1730: UHPC Workout 1830: Judo Kids 1930: Judo Adults	19 0900: Mommy & Me 1130: Spinning 1630: Yoga 1700: Family Fitness Fun 1730: UHPC Workout	20 1130: TRX 1630: Boxing Conditioning 1730: UHPC Workout 1830: Judo Kids 1930: Judo Adults	21 1000: Blue Rock Golf Course West Tournament 1130: Boot Camp Fitness 1730: UHPC Workout	22 Special Running of the TRACEN Petaluma MudMan Run for Volunteers
23 TRACEN Petaluma MudMan Run	24 1130: Yoga 1630: R.I.P.P.E.D. 1730: UHPC Workout	25 1130: Total Circuit Fitness 1630: Boxing Conditioning 1730: UHPC Workout 1830: Judo Kids 1930: Judo Adults	26 0900: Mommy & Me 1130: Spinning 1630: Yoga 1730: UHPC Workout	27 1130: TRX 1630: Boxing Conditioning 1630: Zumba 1730: UHPC Workout 1830: Judo Kids 1930: Judo Adults	28 1130: Boot Camp Fitness 1730: UHPC Workout	29
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