

# Training Center Petaluma Gym

March 2010

## Group Fitness Classes

**Step-N-Strength** 30 minutes of fast-paced BASIC step aerobics, followed by strength conditioning for arms/abs/booty and capped off with a good stretch!

**Boot KAMP!!** Group exercise class designed to give participants an overall complete body workout. Strength and Cardio training for all levels of fitness. Kick off the New Year right!

Begins Thursdays at 1130, meets in the TRACEN Gym. (actual Class Location varies) (POC: ET1 Robert Mason, SK1 Leanna Beard)

**P90X** It's a great year to change some old habits and get fit and trim. Join this group of all Fitness levels to follow along with the popular Beach Body series established by Tony Horton to get a fitter, leaner and more healthy you! Starting a new exercise regime is intimidating alone, our group goal is to support each other's efforts to reach our healthy potentials. Classes are held in the SPIN room on Tuesday and Thursdays at 1130, and 1730 Classes are held also on Monday Wednesday and Fridays at 1630.. (POC MCPO Richard Wolfe)

**Step Aerobics** Let's get those heart rates up! This low impact workout can be for beginners and experts alike. Classes are held on the Gym Floor at 1630 on Mondays and Wednesday. (POC ITC Benson)

**SPINNING** Rev up you current cardio schedule and join in for a fast paced, fun, fat burning class. Meets 5 times a week, Monday, Wednesday and Friday at 1130 and Tuesday and Thursday afternoons at 1630. (POC: YN1 Alicia Escalante)

**Water Works!** Back by popular demand water fitness/aerobics 3 times a week facilitating by our certified lifeguard staff. Come and work on your Tan while getting fit and trim in the water.

**YOGA with JANE!!** Yoga is held twice a week with our very own Namaste Jane Lybecker. Come, relax and stretch out your stresses of the week. A great change of pace for those just beginning a workout schedule. (POC: Jane Lybecker)

Monday 1130-1215 Held at the Anchorage and Wednesday at 1630 held in the EMT classroom.

### Just Wanna Play?

**Soccer** An alternate to a Group class played out on the fields **Weather permitting** on Tuesdays and Thursday from 1130-1300 (POC: BMC Padley)

**Ultimate Frisbee** Also a popular alternate fitness activity played bi-weekly on the fields of TRACEN. **Weather permitting** Wednesday and Fridays from 1130-1300 (POC: CDR Markland)

Reminder: Red Letter Holidays, all Classes are cancelled unless otherwise instructed by a Group Facilitator.

## USCG Training Center Petaluma GYM

### Hours of Operation:

Monday- Thursday :0530-2200

Friday 0530-2100

Sunday, Saturday and Holidays

0800-2000

Phone: 707-765-7348

Phone 2: 707-765-7889

E-mail:

joseph.m.baldueza@uscg.mil

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 SPIN1130 P90X 1630	2 P90X 1130/1730 S & S 1130 Water Works 1200 SPIN 1615	3 SPIN1130 Water Works 1200 P90X 1630	4 P90X 1130/1730 BOOT 1130 Water Works 1200 SPIN 1615	5 SPIN1130 P90XCLUB1630	6
7	8 SPIN1130 P90X 1630	9 P90X1130/1730 S & S 1130 Water Works 1200 SPIN 1615	10 SPIN1130 Water Works 1200 P90X 1630	11 P90X 1130/1730 BOOT 1130 Water Works 1200 SPIN 1615	12 SPIN1130 P90XCLUB1630	13
14	15 SPIN1130 P90X 1630	16 P90X1130/1730 S & S 1130 Water Works 1200 SPIN 1615	17 SPIN1130 Water Works 1200 P90X 1630	18 P90X 1130/1730 Water Works 1200 BOOT 1130	19 SPIN1130 P90XCLUB1630	20
21	22 SPIN1130 P90X 1630	23 P90X 1130/1730 S & S 1130 Water Works 1200 SPIN 1615	24 SPIN1130 Water Works 1200 P90X 1630	25 P90X 1130/1730 BOOT 1130 Water Works 1200 SPIN 1615	26 SPIN1130 P90X 1630	27
28	29 SPIN1130 P90X 1630	30 P90X 1130/1730 S & S 1130 Water Works 1200 SPIN 1615	31 SPIN1130 Water Works 1200 P90X 1630			