

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.

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.

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.

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 Tuesday and 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)

AVAILABLE WORKOUT DVD'S

INSANITY Insanity is a total-body training program alternating between explosive cardio drills, power and resistance moves, plyometrics, and core and balance work that is one step from "impossible". You'll experience firsthand the power of MAX INTERVAL TRAINING and what it will do for your body. Insanity is not for the feint of heart!

P90X Using the advance science of Muscle Confusion, P90X is a well-organized training system that shows you how and when to change up your routine for maximize results. Starting a new exercise regimen is intimidating alone, and the group goal is to support each other's efforts to reach healthy potentials.

ZUMBA Zumba Fitness is moving the world to a new beat. Are you ready to party yourself into shape? That's exactly what the Zumba program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party that's moving millions of people toward joy and health.

RUSHFIT If you want to look like a champion you have to train like one. Train with UFC Welterweight Champion Georges St-Pierre and learn the MMA strength and conditioning strategy that's made him one of the fittest athletes on the planet. GSP uses RUSHFIT to train for the most challenging profession in sports - MMA Fighting. This MMA conditioning program gives you first hand access to the secret training approach of a champion - intensity!

PICK-UP GAMES

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

FLAG FOOTBALL/SOCCER An alternate to a group class played out on the fields weather permitting on Tuesdays and Thursdays from 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. (POC: BMC Padley)

VOLLEYBALL Indoor volleyball at the gym is open to everyone every Wednesdays 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 February 2012 Fitness Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 0900: Mommy & Me 1130: Spinning 1630: Yoga 1700: Family Fitness Fun 1730: UHPC Workout	2 1130: TRX 1730: UHPC Workout 1830: Judo Kids 1930: Judo Adults	3 1730: UHPC Workout	4
5	6 1130: Yoga 1730: UHPC Workout	7 1130: TRX 1730: UHPC Workout 1830: Judo Kids 1930: Judo Adults	8 0900: Mommy & Me 1130: Spinning 1630: Yoga 1730: UHPC Workout	9 1130: TRX 1730: UHPC Workout 1830: Judo Kids 1930: Judo Adults	10 1730: UHPC Workout	11
12	13 1130: Yoga 1730: UHPC Workout	14 1130: TRX 1730: UHPC Workout 1830: Judo Kids 1930: Judo Adults	15 0900: Mommy & Me 1130: Spinning 1630: Yoga 1700: Family Fitness Fun 1730: UHPC Workout	16 1130: TRX 1730: UHPC Workout 1830: Judo Kids 1930: Judo Adults	17 1730: UHPC Workout	18
19	20 WASHINGTON'S BIRTHDAY GYM HOURS: 0800-2000	21 1130: TRX 1730: UHPC Workout 1830: Judo Kids 1930: Judo Adults	22 0900: Mommy & Me 1130: Spinning 1630: Yoga 1730: UHPC Workout	23 1130: TRX 1730: UHPC Workout 1830: Judo Kids 1930: Judo Adults	24 1730: UHPC Workout	25
26	27 1130: Yoga 1730: UHPC Workout	28 1130: TRX 1730: UHPC Workout 1830: Judo Kids 1930: Judo Adults	29 0900: Mommy & Me 1130: Spinning 1630: Yoga 1730: UHPC Workout			