

GROUP FITNESS CLASSES



CONTACT INFORMATION

Phone: 707-765-7349
 Phone: 707-765-7348
 Fax: 707-765-7657
 E-mail:Robert.L.Sturla@uscg.mil

NORMAL HOURS OF OPERATION

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

USCG Training Center Petaluma January 2017 Fitness Calendar

CIRCUIT TRAINING Utilizing different equipment, such as medicine balls, BOSU balls, resistance bands, dumbbells, kettlebells, ab wheels, agility ladders, TRX suspension bands, Exercise balls, plyo-metric boxes. Circuit Training instructors put you through various full-body conditioning exercises combining resistance training and high-intensity cardio.

FUNCTIONAL FITNESS Is similar to CrossFit it is a strength and conditioning program utilizing constantly varied, high intensity, functional movement with the goal of improving overall fitness.

FAMILY FITNESS MOVING TO CDC

JUDO ON HIATUS

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.

PICK-UP GAMES

BASKETBALL Full court pick-up games are held at the gym Mondays through Friday 1630-1800. Saturdays, 1100-1300.

ULTIMATE FRISBEE Another popular alternate fitness activity, Ultimate Frisbee is played biweekly on the fields of Tracen. If weather permits it is played Mondays, Wednesdays and Fridays from 1100-1300.

VOLLEY-BALL Indoor volleyball at the gym every Tue and Thurs 1800—2030.

***Schedule subject to change without notice.**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 CLOSED	2 HOLIDAY HHOUS: 0800—1800	3 1545: T25-Speed 1.0 CLOSE—2100	4 1550: T-25 Total body CLOSE—2100	5 1545: T25 Ab Intervals CLOSE—2100	6 CLOSE—2000	7 HOURS 0800-1800
8 0800: Spinning	9 1115: Spin/Core 1130: Functional Fitness 1545: T25-Cardio	10 0530: Spin 1545: T25-Total Body Circuit 1630: Zumba	11 1115: Spin/Core 1130: Functional Fitness 1550: T-25 Speed 1.0 1630 INT BASKETBALL COACHES MEETING	12 0530: Circuit Training 1545: T25-Cardio	13 1545: T25-Ab Intervals	14
15	16 1115: Spin/Core 1130: Functional Fitness 1545: T25-Total Body Circuit	17 0530: Spin 1545: T25-Speed 1.0 1630: Zumba	18 1115: Spin/Core 1130: Functional Fitness 1550: T-25 Lower Focus	19 0530: Circuit Training 1545: T25-Cardio	20 1545: T25 Lower Focus	21
22 0800: Spinning	23 1115: Spin/Core 1130: Functional Fitness 1545: T25-Cardio	24 0530: Spin 1545: T25-Total Body Circuit 1630: Zumba	25 1115: Spin/Core 1130: Functional Fitness 1550: T-25 Lower Focus	26 0530: Circuit Training 1545: T25-Total Body Circuit	27 1545: T25-Ab Intervals	28
29	30 1115: Spin/Core 1130: Functional Fitness 1545: T25-Total Body Circuit	31 0530: Spin 1545: T25-Ab Intervals 1630: Zumba				