

New Fitness Class



S.T.R.I.D.E.

Strength Training for Runners In Distance Training Events. A 9 week program for every fitness level that enables the participants to run a 10K.

Physical Fitness Centers

Goldner Fitness Center

Building 3444 Crane Road
(580) 442-2740

Monday - Friday 5 a.m. - 8 p.m.
Saturday 8 a.m. - 4 p.m.
Sunday 10 p.m. - 5 p.m.
Holidays 8 a.m. - 6 p.m.

Rinehart Fitness Center

2730 Bragg Road
(580) 442-6712/6652

Monday - Friday 5 a.m. - 9 p.m.
Saturday 8 a.m. - 8 p.m.
Sunday 8 a.m. - 8 p.m.
Holidays 8 a.m. - 8 p.m.

Honeycutt Fitness Center

921 Randolph Road
(580) 442-4670

Monday - Friday 5 a.m. - 8 p.m.
Saturday 8 a.m. - 5 p.m.
Sunday 10 a.m. - 4 p.m.
Holidays 8 a.m. - 6 p.m.

Resiliency Training Campus (formerly the RSOC)

2934 Marcy Road
(580) 442-4462

Claudia Mejia

Garrison Fitness Coordinator
2730 Bragg Road
(580) 442-6171

www.sillmwr.com



**Hourly child care is available
for children registered with CYSS.
Call (580) 442-3927 or visit
<https://webtrac.mwr.army.mil>.**

Fitness Class Brochure



SUCCESS

December 2011-February 2012

Fort Sill

ADHERENCE



MONDAY

6-7 a.m. - Spin w/Nikki at Honeycutt
9-10 a.m. - Water Aerobics w/Joel at Rinehart Pool
9:30-10:15 a.m. - H.A.B.I.T. w/Diana at Honeycutt
10-11 a.m. - Functional Fitness Training w/Amy at Resiliency Training Campus
10:30-11:30 a.m. - Zumba w/Diana at Rinehart
11:30 a.m. -12 p.m. - 3D Abs w/Claudia at Rinehart
5-6 p.m. - Cardio and Core Attack w/Claudia at Goldner
6-7 p.m. - Zumba w/Diana at Rinehart

TUESDAY

9:15-9:45 a.m. - Amazing Abs w/James at Honeycutt
9:30-10:30 a.m. - KickZumbuns w/Diana and Claudia at Rinehart-starts January 10, 2012
10-11 a.m. - Spin w/Otis at Honeycutt
4:30-5:30 p.m. - Spin w/Nikkia at Honeycutt
5-6 p.m. -S.T.R.I.D.E. w/Darrin at 3-Mile Track, starts January 10, 2012
5:30-6:30 p.m. -Low Impact Aerobics and Step w/Flor at Honeycutt
6-7 p.m. - Boot Camp w/Joel at Goldner, starts January 10, 2012
6-7 p.m. - Spin w/Otis at Honeycutt

WEDNESDAY

6-7 a.m.- Spin w/Nikki at Honeycutt
9-10 a.m. - Water Aerobics w/Joel at Rinehart
9:30-10:15 a.m. - H.A.B.I.T. w/Diana at Honeycutt
10:30-11:15 a.m. - Zumba w/Diana at Rinehart
11:30 a.m. -12 p.m. - 3D Abs w/Claudia at Rinehart
11:40 a.m. -12:20 p.m. - Cardio Kickboxing w/Thomas at Honeycutt
5-6 p.m. - Cardio and Core Attack w/Claudia at Goldner
6-7 p.m. - Zumba w/Diana at Rinehart
6-7 p.m. - Spin w/Otis at Honeycutt



DEDICATION

THURSDAY

9:15-9:45 a.m. - Amazing Abs w/James at Honeycutt
9:30-10:30 a.m. - KickZumbuns w/Diana and Claudia at Rinehart, starts January 10, 2012
9:30-10:30 a.m. - Functional Fitness w/Amy at Resiliency Training Center
10-11 a.m. - Spin w/Otis at Honeycutt
4:30-5:30 p.m. -Spin w/Nikkia at Honeycutt
5-6 p.m. - S.T.R.I.D.E. w/Darrin at 3-Mile Track, starts January 10, 2012
5:30-6:30 p.m. - Low Impact Aerobics and Step w/Flor at Honeycutt
6-7 p.m. - Spin w/Otis at Honeycutt
6-7 p.m. -Boot Camp w/Joel at Goldner, starts January 10, 2012

FRIDAY

6-7 a.m. - Spin w/Nikki at Honeycutt
9-10 a.m. - Water Aerobics w/Joel at Rinehart Pool
9:30-10:15 a.m. - H.A.B.I.T. w/Diana at Honeycutt
10:30-11:15 a.m. - Zumba w/Diana at Rinehart
11:30 a.m. -12 p.m. - 3D Abs w/Claudia at Rinehart

SATURDAY

8-9 a.m. - S.T.R.I.D.E. w/Darrin at 3-Mile Track starts January 10, 2012
9-10 a.m. - Spin w/Nikki and Otis at Honeycutt
9-10 a.m. - Yoga w/Ashley at Resiliency Training Center
9:30-10:30 a.m. - Turbo Kick w/Fetima at Goldner

