

# Carlisle Barracks introduces Fitness Campus

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Updated Nov. 19 -- As part of the latest phase of the Fitness Campus Initiative, the redesign of Multipurpose Room 1 on the second floor of the Thorpe Fitness Center has been completed.

Family and MWR can now train up to 20 people on the TRX at a time and up to 30 for Boot Camp Classes.

For more information about operations and hours at the Fitness Campus centers, contact Don Watkins, Sports Director, at 717.245.4343.

The opening of the Indian Field Fitness Center at 119 Forbes Avenue, across from the Root Hall Gym, marks the first phase of expanded fitness opportunities for the Army War College and Carlisle Barracks community.

This phase of the USAWC Comprehensive Fitness Campus emphasizes traditional fitness, with equipment such as treadmills, elliptical machines, and stationary cycles on the right side of the building; and various strength equipment such as barbells, dumbbells, and machines, on the left side as you enter.

Hours are identical for Thorpe and Indian Field Fitness Centers: Monday through Friday, 5 a.m. to 8:30 p.m., Saturday 7 a.m. to 5 p.m., Sundays 8 a.m. to 5 p.m. [closed on Thanksgiving]

Women-only hours at Indian Field Fitness Center: Monday through Friday, 9-11 am, in a section of the Indian Field Fitness Center.

As the Fitness Campus evolves, Thorpe Hall will be reconfigured to create dedicated space for TRX training, combatives, functional fitness, group exercise classes, as well as maintain space for treadmills, ellipticals, and indoor cycles.

Equipment deliveries throughout the month of November will transform Thorpe Hall with an improved area for free weights, as well as a dedicated cardiovascular machines area. The select equipment for this first floor cardio area will include 8 treadmills, 6 elliptical machines, 4 recumbent cycles, and 2 upright cycles.

Portions of Thorpe will be temporarily unavailable for use during equipment deliveries and renovations. The 3<sup>rd</sup> floor exercise room, 2<sup>nd</sup> floor track, and locker rooms will be available for use during this transition. The second floor exercise room and first floor will have limited access at various times.

Stay up-to-date on changes with MWR staff and posted signs. For more information about operations and hours at the Fitness Campus centers, contact Don Watkins, Sports Director, at 717.245.4343.

## ***Fitness Classes at the Jim Thorpe Fitness Center***

### **TRX BOOT Camp Workout**

The TRX Boot Camp Workout is a fun and dynamic 40 minute workout. The TRX Basic Training workout builds strength, flexibility, and endurance while burning calories and strengthening your core. TRX Suspension Training harnesses the way your body naturally moves. Regular training on the TRX will improve your performance in daily activities, recreation, and sports.

### **TRX Ropes and Straps**

A blend of TRX and jump rope intervals that builds total-body strength and cardiovascular conditioning. It will make you stronger, leaner, and more agile – a better performer in sports and in life. This class takes 50 minutes to complete, including a jump rope warm up, high intensity workout, and a cool-down stretching routine on the TRX.

### **TRX Performance**

Build pro-level core strength and endurance, cultivate agility and flexibility, and generally take your fitness from average to elite. We will take you through the training regimen that professional athletes use to perform their best, game in and game out. It'll have you ready for peak performance in your next competition.

### **Basic Army Combatives Course**

An eleven week (40 instructor hours) course designed to teach basic Combatives techniques. A Level 1 qualified instructor can teach the basic Combatives drills and tasks. The United States Army Combatives program has adapted to integrate the most current techniques. Level 1 is now the Basic

Army Combatives Course and now includes post, frame, hook, and employing secondary weapons (pistol or bayonet).

### **Teen Combatives**

Combatives for teens will teach the children fundamental techniques for escaping pins, which are the basic platforms of self defense. Teens will learn two judo throws during the course; and their confidence and self esteem will be increased. Other techniques that will be taught include; the triangle choke, rear naked choke, and the Guillotine Choke. Children must be at least 9 years of age and registered with Youth Services. Special equipment required: mouth piece and groin protection.

### **Piloxing**

This incredible program uniquely mixes Pilates and boxing into a fat blasting and muscle toning workout guaranteed to whip you into shape. PILOXING blends the power, speed and agility of boxing with the beautiful sculpting and flexibility of Pilates. Very high cardio workout!

### **Cardio Kickboxing**

Cardio Kickboxing is the first fitness program based on professional kickboxing disciplines, coaching science, and mixed Martial arts training concepts. It is kickboxing for fitness using sports specific techniques with and without equipment and is the top calorie-burning workout at an average of 1000 calories per hour. Cardio Kickboxing is the fitness kickboxing program endorsed by the Intl Kickboxing Federation (IKF) and does not contain any of the elements found in karate, Traditional Aerobics class. It is not Tae Bo, Cardio Karate, or Karate and Aerobics choreographed to music, or a step bench trampoline, or swimming pool, ball, Dance moves with kicks and punches.

### **Body Blast**

This high powered, total body, conditioning workout set to music works all major muscle groups of the body using some of the following, dumbbells, body bars, resistance tubing, the resist-A-Ball the step platform, the core Board and your own body weight. This workout will build your endurance and speed your Metabolism for increased fat burning. All fitness levels are welcome.

### **Zumba Toning**

When it comes to body sculpting, Zumba Toning raises the bar (or rather, the toning stick). It combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness-party. Students learn how to use lightweight, maraca-like Toning Sticks to enhance rhythm and tone all their target zones, including

arms, abs, glutes and thighs. Zumba Toning is the perfect way for enthusiasts to sculpt their bodies naturally while having a total blast.

### **Family Zumba**

Ditch family movie night and join the party! Your entire family will be able to engage in an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness party. Children must be 9 years of age and registered with Youth Services in order to participate.

### **Family Yoga**

Join us for a Family bonding experience! Yoga is presented in a fun and dynamic way to keep the attention of all family members. The whole family will learn strength, balance, and focus in a fun, healthy, and supportive environment. The family yoga class is a way to bond with your family and help your loved ones balance their bodies and mind. This class will help improve all areas of life, both mental and physical. Children must be at least 9 years of age and registered with Youth Services.

### **Power Yoga**

Power Yoga is a dynamic Vinyasa style yoga, the focus is on core strength, balance and flow to build a solid practice for the beginner to the advanced practitioner. Power Yoga heals, detoxifies and exhilarates the body and mind with emphasis on breathing, movement, balance and intention.

### **Pilates**

Pilates is a method of body conditioning based on using positioning and gravity to work the muscles. Pilates workouts focus first on developing strength through the core of the body--the back, abdomen and hips. This provides a foundation to continue working the rest of the body. The concentration is not only on strength but also flexibility and coordination.

### **Indoor Cycling**

Indoor Cycling is a group exercise class done on stationary bikes. During the class the instructor simulates a ride. Together, you travel on flat roads, climb hills, sprint and race! It is truly a fantastic cardiovascular class. The beauty of indoor cycling is that you can do it even when it's raining or snowing outside. You are kept motivated by the instructor, the people around you and by the music.

### **Aikido**

Aikido, a Japanese Martial Arts, is performed by blending with the motion of the attacker and

redi-recting the force of the attack rather than opposing it head-on. This requires very little physical strength, as the aikid?ka (aikido practitioner) “leads” the attack-er’s momentum using entering and turning move-ments. The techniques are completed with various throws or joint locks. There are both physical and mental aspects of training. The physical training in ai-kido is diverse, covering general physical fitness and conditioning, as well as specific techniques. Because a substantial portion of any aikido curriculum consists of throws, the first thing most students learn is how to safely fall or roll. The specific techniques for attack include both strikes and grabs; the techniques for defense consist of throws and pins. After basic tech-niques are learned, students study freestyle defense against multiple opponents as well as techniques with weapons.

### **Mother and Daughter “Quick Six” Self Defense Course**

“Quick Six” Self Defense Course teaches six life saving techniques every woman should know. The class will enable women to escape from a number of grips and holds from an attacker. Mothers and their daughters will learn different techniques to allow them to break away from hand grips, chokes, attacker holds, hold downs, and knife and gun attacks. Daughters must be 9 years old and registered with Youth Services prior to attending.