



Stuttgart Fitness Newsletter

Stay in Shape Despite the Winter!

The USAG Stuttgart Sports and Fitness Staff are standing by to help you achieve your fitness goals in 2007. This newsletter will help to keep you informed of our fitness events, classes, and incentive programs each month.

We will be hosting a number of events and fitness incentive programs, in addition to expanding our group fitness programs. New classes include lunchtime cycling/Pilates at Patch, and an indoor cycling and Pilates class on Saturdays. To help those New Year resolutions, we will have a "Lose to Win Body Challenge" in January. This will be a 12-week program with clinics and weigh-ins. Winners (the biggest Losers) will receive AFES gift certificates! Look for more info soon.

New Stuttgart Fitness Personnel

Marty Smith has reported in as the new Fitness Coordinator, replacing Cory Doubek (You may know him as the Sunrise Cycling instructor at Patch).

Mitzi Logan is a new fitness instructor and personal trainer. She brings a wealth of experience in the fitness area, and is eager to share her enthusiasm and knowledge with us!

Volume 1, Dec 1 2006

David Warner captures the 2006 Great Pumpkin Race 10K!

New December Group Fitness Classes!

See the attached fitness schedules and check out the new cycling classes, Pilates classes, and new aerobic classes at Patch. New classes are highlighted.

Patch Gym Facility Changes

The new Family Fitness Room at Patch is being moved to the large downstairs aerobic room and will be opening in the Spring. This new room will feature a "stroller parking area, adult aerobic exercise area, and a play area for children. Until the new room is completed, the family fitness room at Panzer is available. The indoor cycling classes at Patch are now being taught in one of the racquetball court areas.

Fitness Testing Available at Heidelberg Wellness Center!

Are you getting ready to go to the next level of your personal fitness in 2007? If you are going to embark on a serious cardiovascular training regime, knowing your heart rate training zones and VO2 max value will help you "dial" in your workouts to make them as efficient as possible.

To determine your VO2 max and training zones, exercise physiologists have developed several tests. One method is to use a treadmill and CO2 analyzer. The Heidelberg Wellness Center in the Heidelberg Hospital has this testing capability and Stuttgart military and dependents are welcome to schedule an appointment with them. Call Rich Hoke at DSN 371-2706 or Civ 06221-17-2706. Appointments in February will be available starting in December, so call now and learn more about your physical fitness level and how to improve it

06221-17-2706. Appointments in February will be available starting in December, so call now and learn more about your physical fitness level and how to improve it by training smart!

VO2 Max determination using
a treadmill and CO2 analysis

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Questions or comments? E-mail us at William.M.Smith4@us.army.mil or call 0711 680-5386