



Stuttgart Fitness Newsletter

New Fitness Classes at Patch

With the departure of Jane Enger and Kathryn Olson from Patch Barracks, the June and July class schedules will have several new classes. Kelly Fortmann, our new Yoga and Pilates instructor, will continue to teach yoga classes at Patch over the lunch hour. Jane's popular body sculpting classes at 0930 will be replaced with a variety of aerobics classes being taught by Tine Harrelson, Silvia Hughes, and Linda Hendricks. New instructor Kathy Dowling will expand on her popular "Ironworks" class by teaching a "Body Pump" class on M/W/F mornings at 7:30 am. And to support these new classes, we will be getting a full set of cardio barbells! And on 26 and 27 June, Dena Taylor will be presenting her free and informative two class seminar, "Women on Weights" (or WOW).



10 min of aerobics class will earn you 1 mile towards a Fit For Life award starting on 1 June!

For more information on these classes and instructors, visit the new website [MWR First Choice](#). You'll find a wealth of information on upcoming events, and you can also download the latest fitness classes schedules. Let us know if you have any questions or comments about our fitness classes. And don't forget to start tracking your fitness miles with your "Fit For Life" card in order to win incentive awards at various milage benchmarks!



Fitness Spotlight: Mitzi Logan, Drill Instructor!

Mitzi Logan, who has rapidly become a fixture in Stuttgart as a Personal Trainer and instructor, arrived in Sept 2006 with her husband Brian. Mitzi started her fitness career in college after being encouraged by one of her instructors. She played volleyball and track in school and still plays volleyball as a member of the Stuttgart community team, and she also "loves weight training and bodybuilding."

Mitzi states, "I also love to teach classes that anyone can come to and get a good workout no matter what his/her fitness level. I am motivated by watching people get excited about their progress and feeling confident and comfortable with themselves." How does she get students moving? (her popular "Boot Camp" at lunchtime is always filled to capacity) "I think the most powerful way to motivate people is by example. I always try to give 110 percent of my energy to every class."

Mitzi, who is tireless, does have a weakness for carne asada burritos but also likes a healthy dose of yogurt and granola for energy. How does she like Germany? "I have found my experience in Stuttgart to be very positive. There are so many wonderful people here and it is a pleasure to be involved with

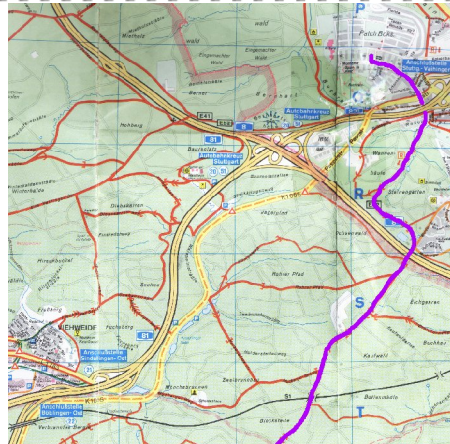
helping to make the community healthier." If you are looking for a super, efficient workout, look no further than one of Mitzi's popular classes such as indoor cycling, ab/strength express, or Cardio Fusion. Her enthusiasm and structured workouts will leave you sweat soaked but with a big, satisfied smile on your face!

IRAN THE TANK TRAIL

Registration is now open for the 2007 Cobblestone Classic Run, which that takes runners from Patch to Panzer Kaserne over the historic tank trail. The race will start at 1000 on 9 June at Husky Field and will end just across the road from the Panzer main gate.

For the first time, the race will include a "Unit Competition" which will be based on the five fastest individual times from an organized unit. Who will be the fastest five from our Warrior forces at SOCEUR, MARFOREUR, 1-10th, or the SEALs? Although not known for it's war-fighting capability, DISA Europe is fielding a team and they have one of the top runners in the area, Ron Wallace, leading the charge.

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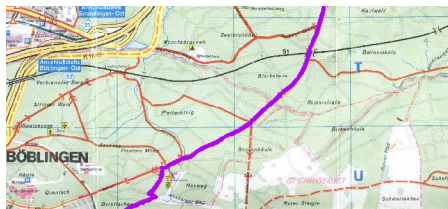
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Cool Run, Bike Events for June

The popular Stuttgart Half-Marathon is on 24 June but don't delay in signing up — this race always fills to capacity. On June 23rd is the third race of the U.S. Forces Europe Mountain Bike series, at Hohenfels. Call 466-2060 for details. German triathlon information is at www.dtu-info.de; biking information is found on the Yahoo SLACRs group. Or go to www.MWRfirstchoice.com and click on "Events"!

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For questions, comments, or to remove yourself from the email list, email: William.M.Smith4@us.army.mil or call 0711- 680-5386, DSN 430-5386. And check out our new website at www.MWRfirstchoice.com Thanks!



The Cobblestone Classic route diagram is shown on the right. The course is five miles long and has an overall gain of about 200 feet.



