

USAG-STUTTGART

For All of Your Life!



Stuttgart Fitness Newsletter

Lose to Win Contest hits Halfway Mark with Big Losers!

Lose to Win is in the second half phase now – and the competition continues to heat up for the 5 AAFES gift certificates in each category. Leading the charge for the men is “Jobe” with a score of 14.75, reflecting a weight loss of 16 pounds and a body fat percentage loss of 5%! Setting the example for the women is Potts, who also led at the 6 week point. “Potts” has lost almost 8 pounds, and improved her body fat percentage by almost 5%, resulting in a score of 11! The leaders in the 2-person category are “Rdy2go” with a score of 10.12.

The next Lose to Win special event is the Half-way Seminar, which will be on Wednesday, 5 March, at the Stuttgart Wellness Center on Patch Barracks. The seminar starts at 11:30 a.m. You don’t need to register for this seminar, and everyone is invited – you don’t need to be a Lose to Win contestant to attend. An expert panel of nutrition, wellness, and fitness speakers will discuss such topics as motivational techniques, stress relief, nutrition, and fitness training.

The next weigh-in is on 12 March at the Patch Fitness Center.



Fitness Class Updates

The Monday, Wednesday, and Friday spinning classes at Patch will be moving from 0830 to 0930. This will enable the people attending the popular Body Pump class and then finish their workout with some high intensity/low impact spinning!

Beginning on 8 April, renowned Choreographer, dancer, and dance exercise instructor Selatin Kara will start a great exercise class on Tuesday evenings at the Patch Fitness Center. Selatin, already known as a CYS instructor who teaches children a variety of fun dance routines, will use his vast experience of dance exercise instruction and choreography to put students through a fun and fast-paced exercise and dance routine. This class, similar to the very popular “Zumba” exercise craze, will not only improve your balance, coordination, and latin and street dance moves, but improve your cardio-vascular fitness, flexibility, and core strength. Let’s dance and get a great workout at the same time!



Indoor Cycling popularity at Patch, Panzer, and Kelley Fitness Centers continues to grow!

Get Ready for the Spring Fling!

On Saturday, March 29, at 1030, the fifth annual Spring Fling 5K run will take place, starting on Husky Field. The route will proceed out of the back gate and on dirt roads just outside of Patch Barracks, looping past the Katzenbacher Biergarten and then back to Husky Field. This is a great family event, and walkers and/or baby strollers are welcome. Awards will be given to the top 3 overall male/female and also in seven age-groups (top 3). For the first time, the Spring Fling will also have a team competition, which will be based on the fastest top five times for any organization, club, or unit.

After the race, participants will be feted with pizza and pasta from Le Rose. Registration will open on 12 March and the first 300 entrants are guaranteed race t-shirts.



This race will help celebrate April as “Month of the Military Child,” so start jogging with your young ones to get ready for the race, inspire them to get ready for warmer weather, and we’ll see you on race morning. For pictures and results from last year’s race, go to WWW.MWRFirstChoice.com and look under Events.

Later that day, be sure to attend the “Battle of the Titans” boxing tournament at Panzer Fitness Center, starting at 7:00 pm.

Sport and Fitness Event Calendar

- 01 Mar: Stuttgart Running Club first practice, 0800
- 15 Mar: Wiesbaden Army Half Marathon run
- 16 Mar: Magstadt 10K or Half Marathon run
- 22 Mar: Nike Maintenance Clinic Outdoor Run

Join the Stuttgart Stallions

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22 Mar: Bike Maintenance Clinic Outdoor Recreation
29 Mar: Patch Spring Fling 5K Run
29 Mar: Battle of the Titans Boxing Tournament
26-29 April: US Forces Boxing Championships, Patch
17 May: Cobblestone Classic 5 Mile Run
17 May: US Forces Europe Triathlon, Kaiserslautern
31 May: Army 10 Mile Race, Grafenwoehr
For more information on these and other events,
go to: WWW.MWRFirstChoice.com

For questions, comments, articles, or to remove yourself
from the email list, email:
William.M.Smith4@us.army.mil or call CIV 0711-680-
5386, DSN 430-5386.

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Mile Race as a member of the Stuttgart Team?(The
race is on 31 May) If interested, contact Coach
Mike Buckley at 430-8304. Team workouts will be
on Saturdays, with the first meeting and practice
at 0800 on 1 March at the Patch Fitness Center.

Bike Maintenance Clinic

On March 22nd there will be a free Bike Maintenance Clinic at the Outdoor Recreation Center on Panzer from 1100 - 1400. You'll learn how to do basic bike maintenance such as changing a flat tire, lubricating their chain, basic safety check, adjusting brakes and derailleur's. Best of all, you can get your bike ready for the spring and summer and get some information from the experts on riding in the area. For more information, call Outdoor Recreation at 431-2774.



