

USAG-STUTTGART

For All of Your Life!



Stuttgart Fitness Newsletter

Get Ready to Run "Where Tanks Once Tread" on 17 May!

Registration for the 5th Annual Cobblestone Classic 5 mile run is now open at the Patch Fitness Center. Early bird registration before 9 May makes you eligible for an Enjoy Tours vacation door prize! This year's race will have more age categories, increasing your chances of earning a medal! Last year saw 350 runners cross the finish line, making it our biggest and most popular race.

Additionally, the awards ceremony and refreshments will be in front of the Panzer Mall, and live entertainment will be provided by "MaxFracas" a classic rock band. Post-race clothing will be taken from the start to the finish line, and bus transportation will be provided back to Patch Barracks.

To help get you ready for the race, which starts at 10:00 am on 17 May, take part in the "Cobblestone Club", a free running clinic on Tuesdays at 8:30 am or Thursdays at 5:00 pm at Patch. Runners of all levels are welcome and you will learn about running technique, pacing, nutrition, and practice on the race course. Contact coach Marty Smith at 430-5386 for details.

For more information on the race, including a course map, go to www.MWRFirstChoice.com. See you at the start line!



Fitness Class Updates

To help us improve our services, please fill out this short survey at: [Fitness Survey](#)

Due to a foot injury, dance exercise instructor Selatin Kara has delayed the start of his latin dance exercise class to 6 May. 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. The class will be held at Patch every Tuesday evening starting at 7:00 pm and will cost \$5.00.

On Tuesday morning, 20 May, starting at 0630, there will be a free introductory class at the Kelley Fitness Center to the Russian Martial Art of "Systema" taught by veteran instructor Raimonds Zelcs. This class will introduce you to this great self-defense system which will boost your confidence in any threatening situation. Contact Kelley gym at 421-2543 for more details.

There is also a free yoga class starting on 7 May, at Panzer Fitness Center on Wednesdays, 10:00 by Lur-line Trizna. Come and learn how yoga can be a great stress relief while improving your flexibility, joint and muscle strength, coordination and balance.

Unfortunately, in May we say goodbye to one of our staff, Kathy Dowling. Kathy and her family are starting a new adventurous chapter in Africa and we will miss her smile, motivation, fun classes, and personal training expertise. Fair Winds and Following Seas, Kathy!

An Appeal to our Customers!

We are extremely fortunate to have the funding available for some of the best and newest fitness equipment that money can buy! This includes new TRX "suspension trainers" and kettlebells at all 4 fitness centers.

Unfortunately, a few individuals are exhibiting behavior that doesn't belong in a first class fitness center — not racking weights, not putting equipment back in its proper spot, and worst of all, stealing our equipment! We cannot replace stolen equipment such as kettlebells, dumb bell, etc, and the whole community suffers as a result. Please help us curb these incidents so we can continue to have the best MWR sports and fitness program in Europe!

TRX "suspension trainers" — to learn more about how to use this new exercise system, (invented by a Navy SEAL), go to www.FitnessAnywhere.com — a great new tool!

Fitness Instructor Spotlight

We are lucky to have experienced fitness instructor, Silvia Hughes, with us in Stuttgart. Silvia started teaching aerobics in 1989 at Maxwell AFB in Alabama and she has been teaching aerobics since then. Two years ago, she also became certified as a Personal Trainer. Silvia is married to Dave Hughes, the famous Patch Ski Club Flossfahrt TC, for 27 years and they have one daughter who is attending UMUC. Her hobbies include skiing, mountain biking, hiking, and traveling, and states that, "My favorite healthy food is salmon with spinach. Chocolate and gelato are my not so healthy favorite foods! ... fitness classes have a certain "fun factor" for me as I enjoy music and the dynamics of the group working out together."



Silvia also adds that Personal training is always a challenging task as the trainer has to create various programs to serve the needs of different clients. Her main advice as a personal trainer? "People who start a new fitness program should not try to do too much too soon. Strive for consistency, quality and good nutrition." Thanks for all you do, Silvia!

Sport and Fitness Event Calendar

26-29 April: US Forces Boxing Championships, Patch

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3 May: Warmbron 10K Run

17 May: Cobblestone Classic 5 Mile Run

17 May: US Forces Europe Triathlon, Kaiserslautern

31 May: Army 10 Mile Race, Grafenwoehr

14 June: Panzer Mountain Bike Race

14 June: Table Tennis tournament, Panzer Fitness

15 June: Patch Criterium Road Bike Race

19 July: Panzer Half-Marathon and 5K Run

For more information on these and other events, including the US Forces Europe bike race series (road and MTB) go to: WWW.MWRFirstChoice.com. German races can

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ent clients. Her main advice as a personal trainer: "People who start a new fitness program should not try to do too much too soon. Strive for consistency, quality and good nutrition." Thanks for all you do, Silvia!

Bike Clinic On Mother's Day

On Sunday, May 11, at 1400 there will be a free mountain bike safety and handling clinic in front of the Patch Community Club (across from the Commissary). Bring your mountain bike and spend about 1.5 hours learning and practicing handling skills. You will become a safer and better mountain biker — and, by the way, get faster for the Panzer Mountain Bike race scheduled for 14 June!

Clinic signup is not necessary. After the clinic, hang around for a great Country and Western band, "Granger Smith", performing in the Club parking lot.