


December

AWC Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
01	02 UYM @ 0900	03 FIT @0900	04 HSH/SMC @0900	05 UYM @ 0900	06 FFH @0900	07
08	09 UYM @ 0900	10 FIT @0900	11 **ACFT @0900	12 UYM @ 0900	13 MIM @0900	14
15	16 UYM @ 0900	17 **ACFT @0900	18 HSH/SMC @0900	19 UYM @ 0900	20 FFH @0900	21
22	23 NO CLASS	24 NO CLASS	25 	26 NO CLASS	27 NO CLASS	28
29	30 UYM @ 0900	31 FIT @0900				

**= Must Sign-up for Class; NO WALK-INS

Upping Your Metabolism (UYM) (requires metabolic testing appointment): Designed to review metabolic testing results and provide each individual with information regarding human metabolism, energy balance, and strategies necessary to achieve goals.

Fueling for Health (FFH): Learn to optimize health by developing a better understanding of dietary guidelines and food labels along with the fundamental components of nutrition.

Meals in Minutes (MIM): Examine tools and strategies to get healthy, fast meals on the table and learn to create an action plan to incorporate healthy lifestyle behaviors.

Stress Management Class (SMC): Provides strategies for managing stress as well as introduction to our biofeedback services.

Healthy Sleep Class (HSH): A healthy sleep habits class discussing the importance of sleep related to performance and safety as well as tips to achieve a restful night.

Staying Fit (FIT): Provides education and strategies for exercising in a fitness facility, at home, or away on leave. We will look at progressing and modifying exercises as well as take in depth look at the goals and techniques for different types of resistance training. This class is a great follow-up to the AWC Fitness Testing.

****ACFT Performance Optimization (ACFT): BY REQUEST ONLY.** Discusses physical fitness trends, exercise recommendations and how they relate to the Active Duty soldier. This class references the US Army ACFT Field Testing Manual. We highly suggest utilizing that as a resource to prepare for the ACFT and improve performance.

