


FEBRUARY

AWC CLASS SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						01
02	03 UYM @0900	04 FIT @0900	05 HSH @0900	06 UYM @0900	07 FFH @0900	08
09	10 UYM @0900	11 ACFT @0900	12 SMC @0900	13 UYM @0900	14 ♥ MIM @0900	15
16	17 CLOSED 	18 FIT @0900	19 HSH @0900	20 UYM @0900	21 FFH @0900	22
23	24 UYM @0900	25 ACFT @0900	26 SMC @0900	28 UYM @0900		

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): 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.

