



Participate in an activity/service on this day, and you'll also receive **10%** discount on your next purchase at USAG Bavaria Tower Barracks and Rose Barracks Fitness Center

Massage Demos, Benefits and Information – 0800 - 1300
Free Massage Demos from our certified Massage Therapist

Personal Fitness Trainers, Information and Fitness Assessment Demos – 0800 – 1300
Free Fitness Assessments with a purchase of any PFT package on this day – 0800 - 1300

Wellness and Nutritional information – 0800 - 1300
The Wellness Center staff will provide information on services that are available at the Wellness Center.

Health Clinic information – 0800 - 1300
The RD will provide information on performance nutrition, supplement safety, and general nutrition.

Fitness Classes

BODY PUMP (BB Court)	0800 - 0900 w/ Rachel and Jay
FUNCTIONAL FITNESS (BB Court)	0900 - 0945 w/ Anna
INDOOR CYCLING (Cycling Room)	0900 - 0945 w/ Robert
YOGA (Exercise Room)	0900 - 0945 w/ Kiley
CARDIO STEP (BB Court)	1000 - 1045 w/ Jay
INDOOR CYCLING (Cycling Room)	1000 - 1045 w/ Sally
YOGA (Exercise Room)	1000 - 1045 w/ Kristen
MIXXEDFIT (BB Court)	1100 - 1145 w/ Shay
INDOOR CYCLING “Ride Real” (Cycling Room)	1100 - 1145 w/ Heide
YOGA (Exercise Room)	1100 - 1145 w/ Sabre
ZUMBA (BB Court)	1200 - 1245 w/ Edgar & Jay
MISSION ESSENTIAL FITNESS (BB Court)	1245 - 1315 w/ Oliver

Participants must register and participate in a class or services in order to be eligible for the door prizes and must be present to win. The drawings will take place at the conclusion of the event at approximately 1330 hours.

Grand Prize – “BMW Mountain Bike, Sponsored by Bavarian Motor Cars GmbH. Participants are not required to be present to win the Grand Prize!

For more information, contact the Tower Barracks Fitness Center, at DSN: 475-9007 or CIV: 096421-83-9007.

Sponsored by: No DOD, Army or Federal endorsement implied.

