



December 2017

Tower Barracks Physical Fitness Center

Fitness Classes



Sun	Mon	Tue	Wed	Thu	Fri	Sat		
<p>Yoga w/Sita</p> <p>Mon @ 0900 Fri @ 1000</p>	<div style="border: 2px solid red; padding: 5px; display: inline-block; margin-bottom: 10px;"> <p>FITNESS STARTS HERE!</p> </div> <p>OPERATION HOURS</p> <p>MONDAY - FRIDAY.....0530 - 2100 SAT, SUN & US HOL.0900 - 1700 TRAINING HOLIDAY0800 - 2100</p> <p>Tower Barracks Fitness Center, B170, DSN:475-9007 or CIV: 09641-839007</p>			<p>Les Mills Body Pump w/ Rachel & Autumn</p> <p>Mon @ 1030 Wed @ 1200</p>	<p>1</p> <p>THE BOX 0830 & 0930 w/Anna (Field House) Les Mills BODY PUMP 0900w/ Dawn INDOOR CYCLING 0900 w/Sally YOGA 1000 w/Sita Les Mills BODY PUMP 1745w/ Autumn & Rachel</p>	<p>2</p> <p>Purchase Adult Group Exercise Tickets and SAVE!</p> <p>8 Tickets - \$20 10 Tickets - \$25 20 Tickets - \$45</p> <p>1 Ticket = 1 Hour class or 2 x 30 Minutes class</p> <p>Stop by your local Fitness Center Today!</p>		
<p>3</p> <p>Les Mills BODY COMBAT 0930 - w/Annmarie & Colleen</p>	<p>4</p> <p>THE BOX 0830 & 0930 w/Anna (Field House) INDOOR CYCLING 0900 w/Sally YOGA 0900 w/ Sita Les Mills BODY PUMP 1030 w/ Rachel & Autumn YOGA 1715 w/Cynthia MIXXEDFIT 1745 w/Shay (Cycling Room) Les Mills BODY COMBAT 1830 w/Colleen THE BOX 1830 w/Bobby and Anna (Field House) INTERMEDIATE PILATES 1900 w/Clarissa in (Cycling Room)</p>	<p>5</p> <p>THE BOX 0830 & 0930 w/Anna (Field House) Les Mills BODY PUMP 0830 w/ Dawn PRE/POSTNATAL PILATES 1000 w/Clarissa BEGINNER PILATES 1115 w/Clarissa Physical Therapy 1300-1530 W/Donabelle STEP 1630 w/Jay Les Mills BODY PUMP 17:45 w/ Autumn & Rachel YOGA 1900 w/Kiley RIDE REAL 1800w/Heide SPIRIT AIKIDO 1830 w/Kevin</p>	<p>6</p> <p>THE BOX 0830 & 0930 w/Anna (Field House) INDOOR CYCLING 0900 w/Sally Les Mills BODY PUMP 1200 w/ Rachel ZUMBA 1000 w/Ashley YOGA 1715 w/Kristen ZUMBA 1730 w/Julia (Cycling Room) THE BOX 1830 w/Bobby and Anna (Field House)</p>	<p>7</p> <p>THE BOX 0830 & 0930 w/Anna (Field House) YOGA 0900 w/ Stormie BEGINNER PILATES 1115 w/Clarissa Physical Therapy 1300-1530 W/Donabelle RIDE REAL 1800 w/Heide SPIRIT AIKIDO 1830 w/Kevin</p>	<p>8</p> <p>THE BOX 0830 & 0930 w/Anna (Field House) Les Mills BODY PUMP 0900w/ Dawn INDOOR CYCLING 0900 w/Sally YOGA 1015 w/Sita Les Mills BODY PUMP 1745w/Annmarie</p>			
<p>10</p> <p>Les Mills BODY COMBAT 0930 - w/Annmarie & Colleen</p>	<p>11</p> <p>THE BOX 0830 & 0930 w/Anna (Field House) INDOOR CYCLING 0900 w/Sally YOGA 0900 w/ Sita Les Mills BODY PUMP 1030 w/ Rachel & Autumn YOGA 1715 w/Cynthia MIXXEDFIT 1745 w/Shay (Cycling Room) Les Mills BODY COMBAT 1830 w/Colleen THE BOX 1830 w/Bobby and Anna (Field House) INTERMEDIATE PILATES 1900 w/Clarissa in (Cycling Room)</p>	<p>12</p> <p>THE BOX 0830 & 0930 w/Anna (Field House) Les Mills BODY PUMP 0830 w/Dawn PRE/POSTNATAL PILATES 1000 w/Clarissa BEGINNER PILATES 1115 w/Clarissa Physical Therapy 1300-1530 w/Donabelle STEP 1630 w/Jay Les Mills BODY PUMP 17:45 w/Annmarie YOGA 1900 w/Kiley</p>	<p>13</p> <p>THE BOX 0830 & 0930 w/Anna (Field House) INDOOR CYCLING 0900 w/Sally ZUMBA 1000 w/Ashley Les Mills BODY PUMP 1200 w/ Rachel YOGA 1715 w/Kristen ZUMBA 1730 w/Julia (Cycling Room) THE BOX 1830 w/Bobby and Anna (Field House)</p>	<p>14</p> <p>THE BOX 0830 & 0930 w/Anna (Field House) YOGA 0900 w/ Stormie BEGINNER PILATES 1115 w/Clarissa Physical Therapy 1300-1530 W/Donabelle Les Mills BODY COMBAT 1715 w/Colleen RIDE REAL 1800 w/Heide</p>	<p>15</p> <p>THE BOX 0830 & 0930 w/Anna (Field House) Les Mills BODY PUMP 0900w/ Dawn INDOOR CYCLING 0900 w/Sally YOGA 1015 w/Sita EQUIPMENT ORIENTATION CLASS 0930 w/ Clarissa Les Mills BODY PUMP 1745w/Annmarie</p>	<p>Discover Therapeutic Massage for Greater Health!</p> <p>For more information Call, DSN: 475-9007 or, CIV: 09641-83-9007, Tower Barracks Fitness Center. Bldg. 170</p>		
<p>17</p> <p>Les Mills BODY COMBAT 0930 - w/Colleen</p>	<p>18</p> <p>THE BOX 0900 w/Anna (Field House) INDOOR CYCLING 0900 w/Sally YOGA 0900 w/ Sita YOGA 1715 w/Kiley Les Mills BODY COMBAT 1830 w/Colleen THE BOX 1830 w/Bobby and Anna (Field House) INTERMEDIATE PILATES 1900 w/Clarissa in (Cycling Room)</p>	<p>19</p> <p>THE BOX 0900 w/Anna (Field House) PRE/POSTNATAL PILATES 1000 w/Clarissa BEGINNER PILATES 1115 w/Clarissa Physical Therapy 1300-1530 w/Donabelle STEP 1630 w/Jay Les Mills BODY PUMP 17:45 w/Annmarie YOGA 1900 w/Kiley SPIRIT AIKIDO 1830 w/Kevin</p>	<p>20</p> <p>THE BOX 0900 w/Anna (Field House) INDOOR CYCLING 0900 w/Sally YOGA 1715 w/Kiley ZUMBA 1730 w/Julia (Cycling Room) THE BOX 1830 w/Bobby and Anna (Field House)</p>	<p>21</p> <p>THE BOX 0900 w/Anna (Field House) BEGINNER PILATES 1115 w/Clarissa Physical Therapy 1300-1530 W/Donabelle SPIRIT AIKIDO 1830 w/Kevin</p>	<p>22</p> <p>THE BOX 0900 w/Anna (Field House) Les Mills BODY PUMP 0900w/ Dawn YOGA 1015 w/Sita INDOOR CYCLING 0900 w/Sally</p>	<p>23</p>		
<p>Holiday Fitness Center Hours 0900 - 1500</p>	<p>25 Gym Closed</p>	<p>26 Gym Closed</p>				<p>27</p> <p>THE BOX 0900 w/Anna (Field House) Les Mills BODY PUMP 1200 w/ Rachel ZUMBA 1730 w/Julia (Cycling Room) THE BOX 1830 w/Bobby and Anna (Field House)</p>	<p>28</p> <p>THE BOX 0830 & 0930 w/Anna (Field House) Physical Therapy 1300-1530 W/Donabelle Les Mills BODY COMBAT 1715 w/Colleen SPIRIT AIKIDO 1830 w/Kevin</p>	<p>29</p> <p>THE BOX 0900 w/Anna (Field House) Les Mills BODY PUMP 0900w/ Dawn YOGA 1015 w/Sita</p>
						<p>30</p> <p>Personal Fitness Trainer</p> <p>Available at the Tower Barracks Fitness Center!</p> <p><i>Are you looking for a work out that will be challenging and provide the results you are looking for?</i></p> <p>For more information Call, DSN: 475-9007 or, CIV: 09641-839007</p>		