

TOWER BARRACKS PHYSICAL FITNESS CENTER



**BUILD YOUR PERFECT**  
BODY SHAPE



# FITNESS DAY

JANUARY 12, 7:30 AM - 1:30 PM

**WIN A  
BRAND NEW  
MOUNTAIN BIKE**  
SPONSORED BY  
BAVARIAN MOTOR CARS



## TRY ONE OF OUR MANY FITNESS CLASSES **FOR FREE!**

PHYSICAL FITNESS CENTER B170 GETTYSBURG AVENUE, TOWER BARRACKS

**YOGA | MIXXEDFIT | FUNCTIONAL FITNESS | BODY STEP | MISSION ESSENTIAL FITNESS  
BODY PUMP (LES MILLS) | ZUMBA | INDOOR CYCLING**

NEED  
CHILDCARE?

**WELLNESS & NUTRITIONAL  
INFORMATION & FITNESS ASSESSMENTS**

**MASSAGE DEMOS & PERSONAL TRAINERS  
BENEFITS & INFORMATION**

Participate in an activity or service on this day and receive a 10% discount on your next purchase at either the USAG Bavaria Tower Barracks or Jesse L. Williams Fitness Centers and also be entered in a raffle.

**FREE "KIDS ON SITE" AVAILABLE** PRE-REGISTRATION REQUIRED BY JAN 4  
SESSION 1: 7:45-10 A.M. | SESSION 2: 10:15 A.M. - 12:30 P.M.  
10 SPACES LIMITED PER SESSION | CONTACT CYS PARENT CENTRAL SERVICES | DSN 476-2760

U.S. ARMY  
**MWR**  
USAG BAVARIA

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

