## MAY 2019 Rose Barracks Fitness Centers

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Massage Program Sports and Recreation Discover Therapeutic Massage For Greater Health! For more information call DSN: 476-2998 CIV: 09662-83-2998 JLWFC, Bldg. 323	Need a running coach? Email: <u>amcchowell@gmail.com</u> for more information about individualized running programs or to reserve a spot for a <i>"Track Tuesday"</i> workout.	Personal Fitness Trainer Are you Looking for a work out that will be challenging and provide the results you are looking for? For more information call DSN: 475-9007 COM: 09641-83-9007	1         FUNCTIONAL         FITNESS         0830-0930 @ MFC         BODY PUMP         @ 0930         w/ Elizabeth         YOGA         1700-1800 (Bldg. 221)	2 SPIN w/ Robert @ 0645 FUNCTIONAL FITNESS 0830-0930 @ MFC INDOOR CYCLING w/ Novin 1600-1645 FUNCTIONAL FITNESS 1800-1900 @MFC	3	4
5	6 BODY PUMP @ 0930 w/ Elizabeth	7 SPIN w/ Robert @ 0645 FUNCTIONAL FITNESS 0830-0930 @ MFC FUNCTIONAL FITNESS 1800-1900 @ MFC SALSA DANCE W/ Christina @ 1800 .	8 FUNCTIONAL FITNESS 0830-0930 @ MFC BODY PUMP @ 0930 w/ Elizabeth YOGA 1700-1800 (Bldg. 221)	<ul> <li>9</li> <li>SPIN w/ Robert</li> <li>@ 0645</li> <li>FUNCTIONAL FITNESS 0830-0930 @ MFC</li> <li>INDOOR CYCLING w/ Novin 1600-1645</li> <li>FUNCTIONAL FITNESS 1800-1900 @MFC</li> </ul>	10 BODY PUMP @ 0930 w/ Elizabeth	<section-header></section-header>
12	13         FUNCTIONAL         FITNESS         0830-0930 w/ Courtney         @ MFC         BODY PUMP         @ 0930         w/ Elizabeth	14 SPIN w/ Robert @ 0645 FUNCTIONAL FITNESS 0830-0930 @ MFC FUNCTIONAL FITNESS 1800-1900 @ MFC SALSA DANCE W/ Christina @ 1800 .	<b>15</b> <b>FUNCTIONAL</b> <b>FITNESS</b> 0830-0930 @ MFC <b>BODY PUMP</b> @ 0930 w/ Elizabeth <b>YOGA</b> 1700-1800 (Bldg. 221)	16SPIN w/ Robert @ 0645FUNCTIONAL FITNESS 0830-0930 @ MFCINDOOR CYCLING w/ Novin 1600-1645FUNCTIONAL FITNESS 1800-1900 @MFC	17	
19	20 EUNCTIONAL	21	22 EUNCTIONAL	23	24	25

17				20		
	FUNCTIONAL FITNESS	<b>SPIN</b> w/ Robert @ 0645	FUNCTIONAL FITNESS	<b>SPIN</b> w/ Robert @ 0645	<u>Training Holiday</u>	
	0830-0930 w/ Courtney @ MFC	FUNCTIONAL	0830-0930 @ MFC <b>YOGA</b>	FUNCTIONAL	No Classes	
	BODY PUMP	FITNESS 0830-0930 @ MFC	1700-1800 (Bldg. 221)	FITNESS 0830-0930 @ MFC	JWFC, B323 Hours of Operation:	
	@ 0930 w/ Elizabeth	FUNCTIONAL		INDOOR CYCLING	CLOSED	
		FITNESS 1800-1900 @ MFC		w/ Novin 1600-1645	MFC, B616 Hours of Operation:	
		SALSA DANCE		FUNCTIONAL	0900-1700	
		W/ Christina @ 1800 .		FITNESS 1800-1900 @MFC	Must have 24 HR access to use JLWF	
					during unmanned hours.	
	27					
26	27 <u>US Holiday</u> MEMORIAL DAY	28 SPIN w/ Robert	29 FUNCTIONAL	<b>30</b> SPIN w/ Robert	FITNESS ST	ARTS HERE!
Purchase Adult	No Classes	@ 0645	FITNESS 0830-0930 @ MFC	@ 0645	4 🕴 🔰	
<b>Group Exercise</b>	JWFC, B323 Hours of Operation:	FUNCTIONAL FITNESS	YOGA	FUNCTIONAL FITNESS		
Tickets and SAVE!	CLOSED	0830-0930 @ MFC	1700-1800 (Blg 221)	0830-0930 @ MFC	<b>OPERATIC</b>	N HOURS
× * * * * *	MFC, B616 Hours of Operation:	FUNCTIONAL FITNESS		INDOOR CYCLING w/ Novin	Jesse Williams Fit 24/7 Access & Staffe	
	0900-1700	1800-1900 @ MFC		1600-1645	MON - FRI	
	Must have 24 HR	SALSA DANCE W/ Christina @ 1800 .		FUNCTIONAL FITNESS	Memorial Fitness	<u>Center, B616</u>
	access to use JLWF during unmanned hours			1800-1900 @MFC	MON - FRI053 SAT, SUN & HOL	•
Stop by your local Fitness Center Today!						.S. ARMY BAVARIA HEALTH