







MAY 2019

Rose Barracks Fitness Centers

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>Discover Therapeutic Massage For Greater Health! For more information call DSN: 476-2998 CIV: 09662-83-2998 JLWFC, Bldg. 323</p>	<p>Need a running coach?</p>  <p>Email: amcchowell@gmail.com</p> <p>for more information about individualized running programs or to reserve a spot for a "Track Tuesday" workout.</p>	<p>Personal Fitness Trainer</p>  <p>Are you Looking for a work out that will be challenging and provide the results you are looking for?</p> <p>For more information call DSN: 475-9007 COM: 09641-83-9007</p>	<p>1 FUNCTIONAL FITNESS 0830-0930 @ MFC</p> <p>BODY PUMP @ 0930 w/ Elizabeth</p> <p>YOGA 1700-1800 (Bldg. 221)</p>	<p>2 SPIN w/ Robert @ 0645</p> <p>FUNCTIONAL FITNESS 0830-0930 @ MFC</p> <p>INDOOR CYCLING w/ Novin 1600-1645</p> <p>FUNCTIONAL FITNESS 1800-1900 @MFC</p>	<p>3</p>	<p>4</p>
<p>5</p>	<p>6 BODY PUMP @ 0930 w/ Elizabeth</p>	<p>7 SPIN w/ Robert @ 0645</p> <p>FUNCTIONAL FITNESS 0830-0930 @ MFC</p> <p>FUNCTIONAL FITNESS 1800-1900 @ MFC</p> <p>SALSA DANCE W/ Christina @ 1800 .</p>	<p>8 FUNCTIONAL FITNESS 0830-0930 @ MFC</p> <p>BODY PUMP @ 0930 w/ Elizabeth</p> <p>YOGA 1700-1800 (Bldg. 221)</p>	<p>9 SPIN w/ Robert @ 0645</p> <p>FUNCTIONAL FITNESS 0830-0930 @ MFC</p> <p>INDOOR CYCLING w/ Novin 1600-1645</p> <p>FUNCTIONAL FITNESS 1800-1900 @MFC</p>	<p>10 BODY PUMP @ 0930 w/ Elizabeth</p>	<p>11</p> <p>2019 Functional Fitness Challenge! 0900 Field House</p> 
<p>12</p>	<p>13 FUNCTIONAL FITNESS 0830-0930 w/ Courtney @ MFC</p> <p>BODY PUMP @ 0930 w/ Elizabeth</p>	<p>14 SPIN w/ Robert @ 0645</p> <p>FUNCTIONAL FITNESS 0830-0930 @ MFC</p> <p>FUNCTIONAL FITNESS 1800-1900 @ MFC</p> <p>SALSA DANCE W/ Christina @ 1800 .</p>	<p>15 FUNCTIONAL FITNESS 0830-0930 @ MFC</p> <p>BODY PUMP @ 0930 w/ Elizabeth</p> <p>YOGA 1700-1800 (Bldg. 221)</p>	<p>16 SPIN w/ Robert @ 0645</p> <p>FUNCTIONAL FITNESS 0830-0930 @ MFC</p> <p>INDOOR CYCLING w/ Novin 1600-1645</p> <p>FUNCTIONAL FITNESS 1800-1900 @MFC</p>	<p>17</p>	<p>18</p>
<p>19</p>	<p>20 FUNCTIONAL FITNESS 0830-0930 w/ Courtney @ MFC</p> <p>BODY PUMP @ 0930 w/ Elizabeth</p>	<p>21 SPIN w/ Robert @ 0645</p> <p>FUNCTIONAL FITNESS 0830-0930 @ MFC</p> <p>FUNCTIONAL FITNESS 1800-1900 @ MFC</p> <p>SALSA DANCE W/ Christina @ 1800 .</p>	<p>22 FUNCTIONAL FITNESS 0830-0930 @ MFC</p> <p>YOGA 1700-1800 (Bldg. 221)</p>	<p>23 SPIN w/ Robert @ 0645</p> <p>FUNCTIONAL FITNESS 0830-0930 @ MFC</p> <p>INDOOR CYCLING w/ Novin 1600-1645</p> <p>FUNCTIONAL FITNESS 1800-1900 @MFC</p>	<p>24</p> <p><u>Training Holiday</u></p> <p>No Classes</p> <p>JWFC, B323 Hours of Operation: CLOSED</p> <p>MFC, B616 Hours of Operation: 0900-1700</p> <p>Must have 24 HR access to use JLWF during unmanned hours.</p>	<p>25</p>
<p>26</p> <p>Purchase Adult Group Exercise Tickets and SAVE!</p>  <p>8 Tickets - \$20 10 Tickets - \$25 20 Tickets - \$45</p> <p>Stop by your local Fitness Center Today!</p>	<p>27</p> <p><u>US Holiday</u> MEMORIAL DAY</p> <p>No Classes</p> <p>JWFC, B323 Hours of Operation: CLOSED</p> <p>MFC, B616 Hours of Operation: 0900-1700</p> <p>Must have 24 HR access to use JLWF during unmanned hours</p>	<p>28 SPIN w/ Robert @ 0645</p> <p>FUNCTIONAL FITNESS 0830-0930 @ MFC</p> <p>FUNCTIONAL FITNESS 1800-1900 @ MFC</p> <p>SALSA DANCE W/ Christina @ 1800 .</p>	<p>29 FUNCTIONAL FITNESS 0830-0930 @ MFC</p> <p>YOGA 1700-1800 (Blg 221)</p>	<p>30 SPIN w/ Robert @ 0645</p> <p>FUNCTIONAL FITNESS 0830-0930 @ MFC</p> <p>INDOOR CYCLING w/ Novin 1600-1645</p> <p>FUNCTIONAL FITNESS 1800-1900 @MFC</p>	<p>FITNESS STARTS HERE!</p>  <p>OPERATION HOURS</p> <p>Jesse Williams Fitness Center, B323 24/7 Access & Staffed: MON - FRI.....0530 - 2100</p> <p>Memorial Fitness Center, B616 MON - FRI.....0530-1330, 1700 - 2100 SAT, SUN & HOL..... 0900 - 1700</p> 