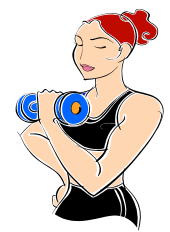




June 2017

Graf Tower Barracks Physical Fitness Center Fitness Calendar



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Personal Fitness Trainer</p> <p>Available at the Tower Barracks Fitness Center!</p> <p><i>Are you looking for a workout 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>	<p style="font-size: 24px; color: red; font-weight: bold;">FITNESS STARTS HERE!</p> <p style="font-weight: bold;">OPERATION HOURS</p> <p>MONDAY - FRIDAY.....0530 - 2100</p> <p>SAT, SUN & US HOL.0900 - 1700</p> <p>TRAINING HOLIDAY.....0800 - 2100</p> <p style="color: red; font-weight: bold;">Tower Barracks Physical Fitness Center, B170, DSN:475-9007 or CIV: 09641-839007</p>			<p>1</p> <p>THE BOX 0830 & 0930 w/Naya & Anna</p> <p>INDOOR CYCLING 0900 w/Sally</p> <p>YOGA - 0900 w/Sandra</p> <p>BODY PUMP - 1010 w/Jen</p> <p>Physical Therapy 1300-1530 W/Donabelle</p> <p>BODY PUMP Express (30 Minute Class) 1700 w/Liz</p> <p>RIDE REAL - 1800 w/Heide</p> <p>TANG SOO DO Korean Karate 1830-2000 W/Andrew</p>	<p>2</p> <p>THE BOX 0830 & 0930 w/Naya & Anna</p> <p>INDOOR CYCLING 0900 w/Sally</p> <p>ZUMBA 1800 w/Julia</p>	<p style="text-align: center; color: red; font-weight: bold;">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>4</p> <p>Les Mills BODY COMBAT 0930 w/Annmarie & Colleen</p>	<p>5</p> <p>THE BOX 0830 & 0930 w/Naya & Anna</p> <p>INDOOR CYCLING 0900 w/Sally</p> <p>YOGA 1715 - Kristen</p> <p>MIXXEDFIT 1745 w/Shay (Cycling Room)</p> <p>Les Mills BODY PUMP 1840 - w/ Annmarie</p>	<p>6</p> <p>THE BOX 0830 & 0930 w/Naya & Anna</p> <p>YOGA 0900 w/Sandra</p> <p>BODY PUMP - 1010 w/Jen</p> <p>Physical Therapy 1300-1530 W/Donabelle</p> <p>BODY PUMP Express (30 Minute Class) 1700 w/Liz</p> <p>ZUMBA 1745 w/Julia</p> <p>TANG SOO DO Korean Karate 1830-2000 W/Andrew</p>	<p>7</p> <p>THE BOX 0830 & 0930 w/Naya & Anna</p> <p>INDOOR CYCLING 0900 w/Sally</p> <p>YOGA 1715 - w/Cynthia and Kristen</p> <p>Les Mills BODY PUMP 1840- w/ Annmarie</p>	<p>8</p> <p>THE BOX 0830 & 0930 w/Naya & Anna</p> <p>INDOOR CYCLING 0900 w/Sally</p> <p>YOGA - 0900 w/Sandra</p> <p>BODY PUMP - 1010 w/Jen</p> <p>Physical Therapy 1300-1530 W/Donabelle</p> <p>BODY PUMP Express (30 Minute Class) 1700 w/Liz</p> <p>TANG SOO DO Korean Karate 1830-2000 W/Andrew</p>	<p>9</p> <p>THE BOX 0830 & 0930 w/Naya & Anna</p> <p>INDOOR CYCLING 0900 w/Sally</p> <p>ZUMBA 1800 w/Julia</p>	<p>10</p>
<p>11</p> <p>Les Mills BODY COMBAT 0930 - w/Annmarie</p>	<p>12</p> <p>THE BOX 0830 & 0930 w/Naya & Anna</p> <p>INDOOR CYCLING 0900 w/Sally</p> <p>YOGA 1715 - Kristen</p> <p>MIXXEDFIT 1745 w/Shay (Cycling Room)</p> <p>Les Mills BODY PUMP 1840 - w/ Annmarie</p>	<p>13</p> <p>THE BOX 0830 & 0930 w/Naya & Anna</p> <p>YOGA 0900 w/Sandra</p> <p>BODY PUMP - 1010 w/Jen</p> <p>Physical Therapy 1300-1530 W/Donabelle</p> <p>BODY PUMP Express (30 Minute Class) 1700 w/Liz</p> <p>ZUMBA 1745 w/Julia</p> <p>TANG SOO DO Korean Karate 1830-2000 W/Andrew</p>	<p>14</p> <p>THE BOX 0830 & 0930 w/Naya & Anna</p> <p>INDOOR CYCLING 0900 w/Sally</p> <p>YOGA 1715 - w/Cynthia and Kristen</p> <p>Les Mills BODY PUMP 1840- w/ Annmarie</p>	<p>15</p> <p>THE BOX 0830 & 0930 w/Naya & Anna</p> <p>INDOOR CYCLING 0900 w/Sally</p> <p>YOGA - 0900 w/Sandra</p> <p>BODY PUMP - 1010 w/Jen</p> <p>Physical Therapy 1300-1530 W/Donabelle</p> <p>BODY PUMP Express (30 Minute Class) 1700 w/Liz</p> <p>TANG SOO DO Korean Karate 1830-2000 W/Andrew</p>	<p>16 Training Holiday</p> <p>BLC Graduation—Basketball Court Closed until noon.</p> <p>THE BOX 0830 & 0930 w/Naya & Anna</p>	<p>17</p> <p>INDOOR CYCLING 0900 w/Sally</p>
<p>18</p> <p>Les Mills BODY COMBAT 0930 - w/Colleen</p>	<p>19 Training Holiday</p> <p>THE BOX 0830 & 0930 w/Naya & Anna</p>	<p>20</p> <p>THE BOX 0830 & 0930 w/Naya & Anna</p> <p>YOGA 0900 w/Sandra</p> <p>BODY PUMP - 1010 w/Jen</p> <p>Physical Therapy 1300-1530 W/Donabelle</p> <p>BODY PUMP Express (30 Minute Class) 1700 w/Liz</p> <p>ZUMBA 1745 w/Julia</p> <p>TANG SOO DO Korean Karate 1830-2000 W/Andrew</p>	<p>21</p> <p>THE BOX 0830 & 0930 w/Naya & Anna</p> <p>INDOOR CYCLING 0900 w/Sally</p> <p>YOGA 1715 - w/Cynthia & Margaret</p> <p>Les Mills BODY PUMP 1840 - w/ Annmarie</p>	<p>22</p> <p>THE BOX 0830 & 0930 w/Naya & Anna</p> <p>INDOOR CYCLING 0900 w/Sally</p> <p>YOGA 0900 w/Sandra</p> <p>BODY PUMP - 1010 w/Jen</p> <p>ZUMBA - 1015 w/Amy (Cycling Room)</p> <p>Physical Therapy 1300-1530 W/Donabelle</p> <p>BODY PUMP Express (30 Minute Class) 1700 w/Liz</p> <p>TANG SOO DO Korean Karate 1830-2000 W/Andrew</p>	<p>23</p> <p>THE BOX 0830 & 0930 w/Naya & Anna</p> <p>INDOOR CYCLING 0900 w/Sally</p> <p>ZUMBA 1800 w/Julia</p>	<p>24</p> <div style="border: 1px solid blue; padding: 5px; text-align: center;"> <p style="color: blue; font-weight: bold;">U.S. Forces Europe</p> <p style="font-size: 24px; color: blue; font-weight: bold;">Army Ten Miler</p> <p style="font-size: 12px; color: blue;">(Qualifier)</p> <p style="font-size: 24px; color: blue; font-weight: bold;">June 24</p> </div> <p style="text-align: center; font-weight: bold; color: blue;">Starts at 8AM</p>
<p>25</p> <p>Les Mills BODY COMBAT 0930 - w/Colleen</p>	<p>26</p> <p>THE BOX 0830 & 0930 w/Naya & Anna</p> <p>INDOOR CYCLING 0900 w/Sally</p> <p>YOGA 1715 - w/ Cynthia & Margaret</p> <p>MIXXEDFIT 1745 w/Shay (Cycling Room)</p> <p>Les Mills BODY PUMP 1840 - w/ Annmarie</p>	<p>27</p> <p>THE BOX 0830 & 0930 w/Naya & Anna</p> <p>BODY PUMP - 1010 w/Jen</p> <p>Physical Therapy 1300-1530 W/Donabelle</p> <p>BODY PUMP Express (30 Minute Class) 1700 w/Liz</p> <p>ZUMBA 1745 w/Julia</p> <p>TANG SOO DO Korean Karate 1830-2000 W/Andrew</p>	<p>28</p> <p>THE BOX 0830 & 0930 w/Naya & Anna</p> <p>INDOOR CYCLING 0900 w/Sally</p> <p>YOGA 1715 - w/Cynthia & Margaret</p> <p>Les Mills BODY PUMP 1840 - w/ Annmarie</p>	<p>29</p> <p>THE BOX 0830 & 0930 w/Naya & Anna</p> <p>INDOOR CYCLING 0900 w/Sally</p> <p>ZUMBA - 1015 w/Amy (Cycling Room)</p> <p>Physical Therapy 1300-1530 W/Donabelle</p> <p>BODY PUMP Express (30 Minute Class) 1700 w/Liz</p> <p>TANG SOO DO Korean Karate 1830-2000 W/Andrew</p>	<p>30</p> <p>THE BOX 0830 & 0930 w/Naya & Anna</p> <p>INDOOR CYCLING 0900 w/Sally</p> <p>ZUMBA 1800 w/Julia</p>	<p style="text-align: center; color: red; font-weight: bold;">Purchase Adult Group Exercise Tickets and SAVE!</p> <p style="text-align: center;">8 Tickets - \$20 10 Tickets - \$25 20 Tickets - \$45</p> <p style="text-align: center; color: blue; font-weight: bold;">1 Ticket = 1 Hour class or 2 x 30 Minutes class</p> <p style="text-align: center; color: red; font-weight: bold;">Stop by your local Fitness Center Today!</p>