



JUNE 2017 Fitness Calendar

Jesse L. Williams Fitness Center



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Discover Therapeutic Massage For Greater Health! w/ Carmen For more information Call, DSN: 476-2298, CIV: 09662-832298 or stop by the Williams Fitness Center, BLdg. 323	 Message Program Sports and Recreation	NEED A Personal Fitness Trainer? Available at the Williams Fitness Center! Are you looking for a work out that will be challenging and provide the results you are looking for? CALL NOW!!! DSN: 476-2998 or CIV: 09662-832998. or stop by the Williams Fitness Center, BLdg. 323		Physical Therapy Class 0745-0845 Body Combat w/ Colleen 1800 - 1900	BODY COMBAT EXPRESS w/Annemarie 12N-12:30	NO CLASSES
4	5	6	7	8	9	10
 MONDAY - FRIDAY 0900 - 1000	Bodypump w/ Liz 0930-1030 Physical Therapy Class 1300-1400 Bodypump w/ Dawn 1730-1830	Physical Therapy Class 0745-0845 RE - OPEN Functional Fit Class 1800-1900 @ MFC	PREGNANCY PT PROGRAM 0630 - 0730 WFC Bodypump w/ Liz 0930-1030 Physical Therapy Class 1300-1400 Bodypump w/ Dawn 1730-1830	Physical Therapy Class 0745-0845 Body Combat w/ Colleen 1800 - 1900 Functional Fit Class 1800-1900 @ MFC 	BODY COMBAT EXPRESS w/Annemarie 12N-12:30	NO CLASSES
11	12	13	14	15	16	17
 TUES & THURS 1800 - 1900	Functional Fit Class 0900-1000 @ MFC Bodypump w/ Liz 0930-1030 Physical Therapy Class 1300-1400 Bodypump w/ Dawn 1730-1830	Physical Therapy Class 0745-0845 Functional Fit Class 1800-1900 @ MFC	PREGNANCY PT PROGRAM 0630 - 0730 WFC Bodypump w/ Liz 0930-1030 Physical Therapy Class 1300-1400 Bodypump w/ Dawn 1730-1830 ****ARMY BIRTHDAY**** 	Physical Therapy Class 0745-0845 Body Combat w/ Colleen 1800 - 1900 Functional Fit Class 1800-1900 @ MFC	TRAINING HOL NO CLASSES	NO CLASSES
18	19	20	21	22	23	24
NO CLASSES	TRAINING HOL NO CLASSES	Physical Therapy Class 0745-0845 Functional Fit Class 1800-1900 @ MFC	PREGNANCY PT PROGRAM 0630 - 0730 WFC Bodypump w/ Liz 0930-1030 Physical Therapy Class 1300-1400 Bodypump w/ Dawn 1730-1830 Functional Fit Class 1800-1900 @ MFC	Physical Therapy Class 0745-0845 Functional Fit Class 1800-1900 @ MFC Body Combat w/ Colleen 1800 - 1900	BODY COMBAT EXPRESS w/Annemarie 12N-12:30	NO CLASSES
25	26	27	28	29	30	
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Group Exercise Fitness Booklets/Tickets				FITNESS STARTS HERE - WHERE WELLNESS BEGINS		
8 Ticket classes	10 Ticket classes	12 Ticket classes	20 Ticket classes			
\$20.00	\$25.00	\$30.00	\$45.00			
Single Class \$5- receipt required to enter classes		ALL CLASSES ARE PAID UNLESS ADVERTISED				
SSG Jesse L. Williams Fitness Center, Bldg. 323 DSN: 476-2998/2214 CIV: 09662-832998/2214				OPERATION HOURS MONDAY- FRIDAY: 0530-2100 SATURDAY & SUNDAY: 0900-1700 TRAINING HOLIDAY: 0800-2100 US HOLIDAYS: 0900-1700		
				www.grafenwoehr.armymwr.com		
F&MWR "FIRST CHOICE IN SPORTS & RECREATION"				Classes Subject to Change		