

# JANUARY 2023 CALENDAR

## FITNESS PROGRAM

TOWER BARRACKS

DON'T WAIT  
IN LINE...

**REGISTER  
ONLINE!**

SCAN ME



& GET YOUR  
TICKETS TODAY



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 <b>FEDERAL HOLIDAY</b>	3 Bike Fit 9 a.m. Flow Yoga 10 a.m. Functional Fitness @Field House 9 a.m. / 5:30 p.m. / 6:30 p.m. Zumba 6:30 p.m.	4 Pound 8:30 a.m. Zumba 9:30 a.m. Functional Fitness @Field House 9 a.m. / 5:30 p.m. / 6:30 p.m.	5 Indoor Cycling 6:30 a.m. Functional Fitness @Field House 9 a.m. / 5:30 p.m. / 6:30 p.m. Zumba 6:30 p.m.	6 Functional Fitness @Field House 9 a.m. Yoga 10 a.m.	7 FITNESS DAY!
8 BIKE FIT 3 p.m.	9 Functional Fitness @Field House 9 a.m. Zumba 9:30 a.m. Pound 10:30 a.m.	10 Bike Fit 9 a.m. Flow Yoga 10 a.m. Functional Fitness @Field House 9 a.m. / 5:30 p.m. / 6:30 p.m. Zumba 6:30 p.m.	11 Pound 8:30 a.m. Zumba 9:30 a.m. Functional Fitness @Field House 9 a.m. / 5:30 p.m. / 6:30 p.m. Flow Yoga 6:30 p.m.	12 Indoor Cycling 6:30 a.m. Functional Fitness @Field House 9 a.m. / 5:30 p.m. / 6:30 p.m. Zumba 6:30 p.m.	13 <b>TRAINING HOLIDAY</b>	14 Zumba 9:15 a.m. Yoga du Jour 10:30 a.m.
15 BIKE FIT 3 p.m.	16 <b>FEDERAL HOLIDAY</b>	17 Bike Fit 9 a.m. Flow Yoga 10 a.m. Functional Fitness @Field House 9 a.m. / 5:30 p.m. / 6:30 p.m. Zumba 6:30 p.m.	18 Pound 8:30 a.m. Zumba 9:30 a.m. Functional Fitness @Field House 9 a.m. / 5:30 p.m. / 6:30 p.m. Flow Yoga 6:30 p.m.	19 Indoor Cycling 6:30 a.m. Functional Fitness @Field House 9 a.m. / 5:30 p.m. / 6:30 p.m. Zumba 6:30 p.m.	20 Functional Fitness @Field House 9 a.m. Yoga 10 a.m.	21 Zumba 9:15 a.m. Yoga du Jour 10:30 a.m.
22 BIKE FIT 3 p.m.	23 Functional Fitness @Field House 9 a.m. Zumba 9:30 a.m. Pound 10:30 a.m.	24 Bike Fit 9 a.m. Flow Yoga 10 a.m. Functional Fitness @Field House 9 a.m. / 5:30 p.m. / 6:30 p.m. Zumba 6:30 p.m.	25 Pound 8:30 a.m. Zumba 9:30 a.m. Functional Fitness @Field House 9 a.m. / 5:30 p.m. / 6:30 p.m. Flow Yoga 6:30 p.m.	26 Indoor Cycling 6:30 a.m. Functional Fitness @Field House 9 a.m. / 5:30 p.m. / 6:30 p.m. Zumba 6:30 p.m.	27 Functional Fitness @Field House 9 a.m. Yoga 10 a.m.	28 Zumba 9:15 a.m. Yoga du Jour 10:30 a.m.
29 BIKE FIT 3 p.m.	30 Functional Fitness @Field House 9 a.m. Zumba 9:30 a.m. Pound 10:30 a.m.	31 Bike Fit 9 a.m. Flow Yoga 10 a.m. Functional Fitness @Field House 9 a.m. / 5:30 p.m. / 6:30 p.m. Zumba 6:30 p.m.				

MORE INFORMATION AT **GRAFENWOEHR.ARMYMWR.COM**