October 2017
Tower Barracks Physical Fitness Center
Fitness Classes

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 **Les Mills BODY COMBAT** 0930 - w/Colleen	2 **THE BOX** 0830 & 0930 w/Anna (Field House) **INDOOR CYCLING** 0900 w/Sally **YOGA** 1715 w/Cynthia **MIXXEDFIT** 1745 w/Shay (Cycling Room) **Les Mills BODY COMBAT** 1830 - w/Colleen **THE BOX** 1830 w/Bobby and Anna (Field House)	3 **THE BOX** 0830 **&** 0930 w/Anna (Field House) **PRE/POSTNATAL PILATES** 0900 w/Clarissa **BEGINNER PILATES** 1030 w/Clarissa **Physical Therapy** 1300-1530 W/Donabelle **STEP** 1630 w/Jay **Les Mills BODY PUMP** 17:45 w/ Annmarie **RIDE REAL** 1800 w/Heide **TANG SOO DO** Korean Karate 1830-2000 w/Andrew	4 **THE BOX** 0830 **&** 0930 w/Anna (Field House) **INDOOR CYCLING** 0900 w/Sally **YOGA** 1715 w/Kristen **ZUMBA** 1730 w/Julia (Cycling Room) **THE BOX** 1830 w/Bobby and Anna (Field House)	5 **THE BOX** 0830 **&** 0930 w/Anna (Field House) **YOGA 0900** w/ Stormie **Physical Therapy** 1300-1530 W/Donabelle **Les Mills BODY COMBAT** 1715 w/Colleen **RIDE REAL** 1800 w/Heide **TANG SOO DO** Korean Karate 1830-2000 w/Andrew	6 Training Holiday **THE BOX** 0900 w/Anna (Field House) **Tower Barracks Fitness Center CLOSED**	7 **Purchase Adult Group Exercise Tickets and SAVE!** **8 Tickets - $20** **10 Tickets - $25** **20 Tickets - $45** **1 Ticket = 1 Hour class or 2 x 30 Minutes class** **Stop by your local Fitness Center Today!**
8 **Personal Fitness Trainer** **Available at the Tower Barracks Fitness Center!** ***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 or, CIV: 09641-839007**	9 US Holiday **THE BOX** 0900 w/Anna (Field House)	10 **THE BOX** 0830 **&** 0930 w/Anna (Field House) **PRE/POSTNATAL PILATES** 0900 w/Clarissa **BEGINNER PILATES** 1030 w/Clarissa **Physical Therapy** 1300-1530 W/Donabelle **STEP** 1630 w/Jay **Les Mills BODY PUMP** 17:45 w/ Annmarie **RIDE REAL** 1800 w/Heide **TANG SOO DO** Korean Karate 1830-2000 w/Andrew	11 **THE BOX** 0830 **&** 0930 w/Anna (Field House) **INDOOR CYCLING** 0900 w/Sally **YOGA** 1715 w/Kristen **ZUMBA** 1730 w/Julia (Cycling Room) **THE BOX** 1830 w/Bobby and Anna (Field House)	12 **THE BOX** 0830 **&** 0930 w/Anna (Field House) **YOGA 0900** w/ Stormie **Physical Therapy** 1300-1530 W/Donabelle **Les Mills BODY COMBAT** 1715 w/Colleen **RIDE REAL** 1800 w/Heide **TANG SOO DO** Korean Karate 1830-2000 w/Andrew	13 **THE BOX** 0830 **&** 0930 w/Anna (Field House) **INDOOR CYCLING** 0900 w/Sally **EQUIPMENT ORIENTATION CLASS** 0930 w/ Clarissa **Les Mills BODY PUMP** 1745w/ Annmarie **INTERMEDATE PILATES** 1715 w/Clarissa in (Cycling Room)	14 **PINK up the PACE** **Registration 8-9** **Race Starts @ 9:15**
15 **Les Mills BODY COMBAT** 0930 - w/Colleen	16 **THE BOX** 0830 **&** 0930 w/Anna (Field House) **INDOOR CYCLING** 0900 w/Sally **YOGA** 1715 w/ Cynthia **MIXXEDFIT** 1745 w/Shay (Cycling Room) **THE BOX** 1830 w/Bobby and Anna (Field House)	17 **THE BOX** 0830 **&** 0930 w/Anna (Field House) **PRE/POSTNATAL PILATES** 0900 w/Clarissa **BEGINNER PILATES** 1030 w/Clarissa **Physical Therapy** 1300-1530 W/Donabelle **STEP** 1630 w/Jay **Les Mills BODY PUMP** 17:45 w/ Annmarie **RIDE REAL** 1800 w/Heide **TANG SOO DO** Korean Karate 1830-2000 w/Andrew	18 **THE BOX** 0830 **&** 0930 w/Anna (Field House) **INDOOR CYCLING** 0900 w/Sally **YOGA** 1715 w/Kristen **ZUMBA** 1730 w/Julia (Cycling Room) **THE BOX** 1830 w/Bobby and Anna (Field House)	19 **THE BOX** 0830 **&** 0930 w/Anna (Field House) **YOGA 0900** w/ Stormie **Physical Therapy** 1300-1530 W/Donabelle **RIDE REAL** 1800 w/Heide **TANG SOO DO** Korean Karate 1830-2000 w/Andrew	20 **THE BOX** 0830 **&** 0930 w/Anna (Field House) **INDOOR CYCLING** 0900 w/Sally **Les Mills BODY PUMP** 1745 w/ Annmarie **INTERMEDATE PILATES** 1715 w/Clarissa in (Cycling Room)	21
22 **Les Mills BODY COMBAT** 0930 - w/Annemarie	23 **THE BOX 0830 &** 0930 w/Anna (Field House) **INDOOR CYCLING** 0900 w/Sally **YOGA** 1715 w/ Cynthia **MIXXEDFIT** 1745 w/Shay (Cycling Room) **THE BOX** 1830 w/Bobby and Anna (Field House)	24 **THE BOX** 0830 **&** 0930 w/Anna (Field House) **PRE/POSTNATAL PILATES** 0900 w/Clarissa **BEGINNER PILATES** 1030 w/Clarissa **Physical Therapy** 1300-1530 W/Donabelle **STEP** 1630 w/Jay **Les Mills BODY PUMP** 17:45 w/ Annmarie **RIDE REAL** 1800 w/Heide **TANG SOO DO** Korean Karate 1830-2000 w/Andrew	25 **THE BOX** 0830 **&** 0930 w/Anna (Field House) **INDOOR CYCLING** 0900 w/Sally **YOGA** 1715 w/Kristen **ZUMBA** 1730 w/Julia (Cycling Room) **THE BOX** 1830 w/Bobby and Anna (Field House)	26 **THE BOX** 0830 **&** 0930 w/Anna (Field House) **YOGA** 0900 w/Stormie **Physical Therapy** 1300-1530 W/Donabelle **RIDE REAL** 1800 w/Heide **TANG SOO DO** Korean Karate 1830-2000 w/Andrew	27 **THE BOX** 0830 **&** 0930 w/Anna (Field House) **INDOOR CYCLING** 0900 w/Sally **Les Mills BODY PUMP** 1745 w/ Annmarie **INTERMEDATE PILATES** 1715 w/Clarissa in (Cycling Room)	28 Massage Program Sports and Recreation **Discover Therapeutic Massage for Greater Health!** **For more information Call, DSN: 475-9007 or, CIV: 09641-83-9007, Tower Barracks Fitness Center. Bldg. 170**
29 **Les Mills BODY COMBAT** 0930 - w/Colleen	30 **THE BOX** 0830 **&** 0930 w/Anna (Field House) **INDOOR CYCLING** 0900 w/Sally **YOGA** 1715 - w/ Cynthia **MIXXEDFIT** 1745 w/Shay (Cycling Room) **Les Mills BODY COMBAT** 1830 - w/Colleen **Partners and Pumpkins** 1830 w/Bobby and Anna (Field House)	31 **HALLOWEEN WOD** 0830 **&** 0930 w/Anna (Field House) **PHATOM PILATES** 1130 w/ Clarissa **Physical Therapy** 1300-1530 W/Donabelle **SPOOKTACULAR STEP** 1630 w/Jay **BOOCYCLE RIDE** 1800 w/ Heide **TANG SOO DO** Korean Karate 1830-2000 w/Andrew		**FITNESS STARTS HERE!**  **OPERATION HOURS** **MONDAY - FRIDAY……..0530 - 2100** **SAT, SUN & *US HOL.* .....0900 - 1700** **TRAINING HOLIDAY……..0800 - 2100** **Tower Barracks Fitness Center, B170, DSN:475-9007 or CIV: 09641-839007**	

Updated: 29 Sept 2017

Classes are subject to change!