OCTOBER 2017

# Fitness Calendar

## *Jesse L. Williams Fitness Center*

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| **1**<br>NO CLASSES | **2**<br>Bodypump w/ Liz<br>0930-1030<br>Buts & Guts Class<br>w/ Liz 10:35 - 11:05 NEW!<br>Physical Therapy Class<br>1300-1400 | **3**<br>Physical Therapy Class<br>0745-0845 NEW!<br>Body Combat Express<br>w/ Annmarie 12N-1230<br>Functional Fit Class<br>1800-1900 @ MFC | **4**<br>PREGNANCY PT PROGRAM<br>0630 - 0730 WFC<br>Bodypump w/ Liz<br>0930-1030<br>Buts & Guts Class<br>w/ Liz 10:35 - 11:05 NEW!<br>Physical Therapy Class<br>1300-1400 | **5**<br>Physical Therapy Class<br>0745-0845 NEW!<br>Body Combat Express<br>w/ Annmarie 12N-1230<br>Functional Fit Class<br>1800-1900 @ MFC | **6**<br>TRAINING HOL<br>NO CLASSES | **7**<br>NO CLASSES |
| **8**<br>MEMORIAL FC FUNCTIONAL FITNESS<br>MON thru FRI<br>0900 - 1000 | **9**<br>US HOL<br>Happy Columbus Day<br>Bodypump w/ Liz<br>0930-1030<br>Buts & Guts Class<br>w/ Liz 10:35 - 11:05 NEW!<br>Physical Therapy Class<br>1300-1400 | **10**<br>Physical Therapy Class<br>0745-0845 NEW!<br>Body Combat Express<br>w/ Annmarie 12N-1230<br>Functional Fit Class<br>1800-1900 @ MFC | **11**<br>PREGNANCY PT PROGRAM<br>0630 - 0730 WFC<br>Bodypump w/ Liz<br>0930-1030<br>Buts & Guts Class<br>w/ Liz 10:35 - 11:05 NEW!<br>Physical Therapy Class<br>1300-1400 | **12**<br>Physical Therapy Class<br>0745-0845 NEW!<br>Body Combat Express<br>w/ Annmarie 12N-1230<br>Functional Fit Class<br>1800-1900 @ MFC | **13** | **14**<br>NO CLASSES |
| **15**<br>MEMORIAL FC FUNCTIONAL FITNESS<br>TUES & THURS<br>1800 - 1900 | **16**<br>Bodypump w/ Liz<br>0930-1030<br>Buts & Guts Class<br>w/ Liz 10:35 - 11:05 NEW!<br>Physical Therapy Class<br>1300-1400 | **17**<br>Physical Therapy Class<br>0745-0845 NEW!<br>Body Combat Express<br>w/ Annmarie 12N-1230<br>Functional Fit Class<br>1800-1900 @ MFC | **18**<br>PREGNANCY PT PROGRAM<br>0630 - 0730 WFC<br>Bodypump w/ Liz<br>0930-1030<br>Buts & Guts Class<br>w/ Liz 10:35 - 11:05 NEW!<br>Physical Therapy Class<br>1300-1400 | **19**<br>Physical Therapy Class<br>0745-0845 NEW!<br>Body Combat Express<br>w/ Annmarie 12N-1230<br>Functional Fit Class<br>1800-1900 @ MFC | **20** | **21**<br>NO CLASSES |
| **22**<br>NO CLASSES | **23**<br>Bodypump w/ Liz<br>0930-1030<br>Buts & Guts Class<br>w/ Liz 10:35 - 11:05 NEW!<br>Physical Therapy Class<br>1300-1400 | **24**<br>Physical Therapy Class<br>0745-0845 NEW!<br>Body Combat Express<br>w/ Annmarie 12N-1230<br>Functional Fit Class<br>1800-1900 @ MFC | **25**<br>PREGNANCY PT PROGRAM<br>0630 - 0730 WFC<br>Bodypump w/ Liz<br>0930-1030<br>Buts & Guts Class<br>w/ Liz 10:35 - 11:05 NEW!<br>Physical Therapy Class<br>1300-1400 | **26**<br>Physical Therapy Class<br>0745-0845 NEW!<br>Body Combat Express<br>w/ Annmarie 12N-1230<br>Functional Fit Class<br>1800-1900 @ MFC | **27** | **28**<br>NO CLASSES |
| **29**<br>NO CLASSES | **30**<br>Bodypump w/ Liz<br>0930-1030<br>Buts & Guts Class<br>w/ Liz 10:35 - 11:05 NEW!<br>Physical Therapy Class<br>1300-1400 | **31**<br>Physical Therapy Class<br>0745-0845 NEW!<br>Body Combat Express<br>w/ Annmarie 12N-1230<br>Functional Fit Class<br>1800-1900 @ MFC | | | | |

**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*

**Discover Therapeutic Massage**

**For Greater Health!**

***w/ Carmen***

Massage Program Sports and Recreation

*For more information Call,*

*DSN: 476-2298, CIV: 09662-832298 or stop by the Jesse L. Williams Fitness Center, BLdg. 323 Rose Barracks*

**Group Exercise Fitness Booklets/Tickets**

| 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**

***FITNESS STARTS HERE - WHERE WELLNESS BEGINS***



**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*