

APRIL 2025

TOWER BARRACKS FITNESS PROGRAM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	31 6:00pm - Functional Fitness (Field House)	1	2 6:00pm - Functional Fitness (Field House)	3 5:15pm - Zumba (Mari)	4	5 11:30am - Pilates (Katherine) 10am - Functional Fitness (Field House)
10am - Zumba (Mari) 6 11am - Functional Fitness (Tulay)	5pm - All Levels Yoga (Chrissy) 7 6:15pm - Zumba (Jenny) 6:00pm - Functional Fitness (Field House)	9am Zumba (Quintessa) 8 6pm - Spin (Meghan)	10am - MixxedFit (Somon) 9 6:00pm - Functional Fitness (Field House) 6:15pm - Zumba (Jenny)	9am - Yoga 10 (Breanna) 5:15pm - Zumba (Mari) 6:30pm - Power Yoga (Chrissy)	11	9:30am - Zumba 12 STRONG (Anna) 10am - Functional Fitness (Field House)
10am - Zumba 13 (Mari) 11am - Functional Fitness (Tulay)	9am - Zumba 14 (Anna) 5pm - All Levels Yoga (Chrissy) 6:00pm - Functional Fitness (Field House) 6:15pm - Zumba (Jenny)	9am Zumba (Quintessa) 15 6pm - Spin (Meghan)	10am - MixxedFit 16 (Somon) 6:00pm - Functional Fitness (Field House) 6:15pm - Zumba (Jenny)	9am - Yoga 17 (Breanna) 5:15pm - Zumba (Mari) 6:30pm - Power Yoga (Paul)	18 Training Holiday	19
20	21 Training Holiday	9am Zumba (Quintessa) 22 6pm - Spin (Meghan)	10am - MixxedFit 23 (Somon) 6:00pm - Functional Fitness (Field House) 6:15pm - Zumba (Jenny)	24 5:15pm - Zumba (Mari) 6:30pm - Power Yoga (Paul)	25	9:30am - Zumba 26 STRONG (Anna) 11:30am - Pilates (Katherine) 10am - Functional Fitness (Field House)
27 10am - Zumba (Mari)	9am - Zumba 28 (Anna) 5pm - All Levels Yoga (Chrissy) 6:00pm - Functional Fitness (Field House) 6:15pm - Zumba (Jenny)	9am Zumba (Quintessa) 29 6pm - Spin (Meghan)	10am - MixxedFit 30 (Somon) 6:00pm - Functional Fitness (Field House) 6:15pm - Zumba (Jenny)			



SCAN FOR MORE INFORMATION & TICKETS VISIT:
[GRAFENWOEHR.ARMYMWR.COM/FITNESS](https://Grafenwoehr.ArmyMWR.com/Fitness)