





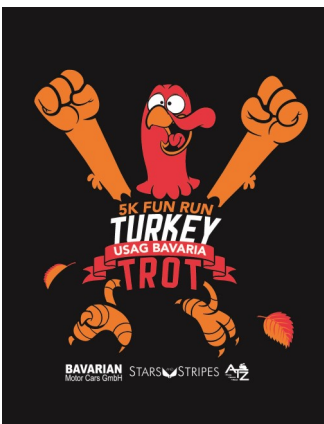




OCTOBER 2021

Tower Barracks Fitness Center Fitness Calendar

U.S. ARMY
MWR
USAG BAVARIA

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Fitness Starts Here!</i> OPERATION HOURS MON - FRI 0530-2100 *Closed 1400-1500 for cleaning* SAT, SUN & U.S. HOL 0900-1700 *Closed 1200-1300 for cleaning* TRAINING HOL 0800-2100 *Closed 1400-1500 for cleaning* Tower Barracks Fitness Center Bldg. 170 DSN: 526-1420 CIV: 09641-70-526-1420					1 THE BOX Functional Fit Camp 0900 w/FF Team (Field House) THE BOX Functional Fit Camp 1000 w/FF Team (Field House) YOGA 1000 w/Katja	2 Purchase Adult Group Exercise Tickets and SAVE!  8 Tickets - \$20 10 Tickets - \$25 20 Tickets - \$45 Stop by your local Fitness Center Today!
3 Personal Fitness Trainer  Are you looking for a challenging work out to provide the results you're looking for? For more information call: DSN 526-1420 COMM 09641-70-526-1420	4 THE BOX Functional Fit Camp 0900 w/FF Team (Field House) THE BOX Functional Fit Camp 1000 w/FF Team (Field House)	5 THE BOX Functional Fit Camp 0900 w/FF Team (Field House) THE BOX Functional Fit Camp 1000 w/FF Team (Field House) THE BOX Functional Fit Camp 1630 w/FF Team (Field House) THE BOX Functional Fit Camp 1730 w/FF Team (Field House)	6 THE BOX Functional Fit Camp 0900, and 1000 w/FF Team (Field House) THE BOX Functional Fit Camp 1730 w/FF Team (Field House) RIDE REAL 1545—1630 w/ Heide COMMUNITY YOGA FREE 1830—1930 w/ Amanda	7 INDOOR CYCLING FREE 0630 w/James THE BOX Functional Fit Camp 0900 w/FF Team (Field House) THE BOX Functional Fit Camp 1000 w/ FF Team THE BOX Functional Fit Camp 1630 w/FF Team (Field House) THE BOX Functional Fit Camp 1730 w/FF Team (Field House)	8 Training Holiday	9 Make sure you visit grafenwoehr.armymwr.com To reserve a space in the class you would like to attend 
10	11 Columbus Day	12 THE BOX Functional Fit Camp 0900 w/FF Team (Field House) THE BOX Functional Fit Camp 1000 w/FF Team (Field House) THE BOX Functional Fit Camp 1630 w/FF Team (Field House) THE BOX Functional Fit Camp 1730 w/FF Team (Field House)	13 ZUMBA 0930 w/ Meredith THE BOX Functional Fit Camp 0900, and 1000 w/FF Team (Field House) THE BOX Functional Fit Camp 1730 w/FF Team (Field House) RIDE REAL 1545—1630 w/ Heide COMMUNITY YOGA FREE 1830—1930 w/ Amanda	14 INDOOR CYCLING FREE 0630 w/James THE BOX Functional Fit Camp 0900 w/FF Team (Field House) THE BOX Functional Fit Camp 1000 w/ FF Team THE BOX Functional Fit Camp 1630 w/FF Team (Field House) THE BOX Functional Fit Camp 1730 w/FF Team (Field House)	15 THE BOX Functional Fit Camp 0900 w/FF Team (Field House) THE BOX Functional Fit Camp 1000 w/FF Team (Field House) YOGA 1000 w/Katja	16
17 	18 THE BOX Functional Fit Camp 0900 w/FF Team (Field House) THE BOX Functional Fit Camp 1000 w/FF Team (Field House)	19 THE BOX Functional Fit Camp 0900 w/FF Team (Field House) THE BOX Functional Fit Camp 1000 w/FF Team (Field House) THE BOX Functional Fit Camp 1630 w/FF Team (Field House) THE BOX Functional Fit Camp 1730 w/FF Team (Field House)	20 ZUMBA 0930 w/ Meredith THE BOX Functional Fit Camp 0900, and 1000 w/FF Team (Field House) THE BOX Functional Fit Camp 1730 w/FF Team (Field House) RIDE REAL 1545—1630 w/ Heide COMMUNITY YOGA FREE 1830—1930 w/ Amanda	21 INDOOR CYCLING FREE 0630 w/James THE BOX Functional Fit Camp 0900 w/FF Team (Field House) THE BOX Functional Fit Camp 1000 w/ FF Team THE BOX Functional Fit Camp 1630 w/FF Team (Field House) THE BOX Functional Fit Camp 1730 w/FF Team (Field House)	22 Training Holiday	23 SANTA CLAUS IS CHECKING HIS LIST, MAKE SURE YOU'RE ON IT! 
24	25 THE BOX Functional Fit Camp 0900 w/FF Team (Field House) THE BOX Functional Fit Camp 1000 w/FF Team (Field House)	26 THE BOX Functional Fit Camp 0900 w/FF Team (Field House) THE BOX Functional Fit Camp 1000 w/FF Team (Field House) THE BOX Functional Fit Camp 1630 w/FF Team (Field House) THE BOX Functional Fit Camp 1730 w/FF Team (Field House)	27 ZUMBA 0930 w/ Meredith THE BOX Functional Fit Camp 0900, and 1000 w/FF Team (Field House) THE BOX Functional Fit Camp 1730 w/FF Team (Field House) RIDE REAL 1545—1630 w/ Heide COMMUNITY YOGA FREE 1830—1930 w/ Amanda	28 INDOOR CYCLING FREE 0630 w/James THE BOX Functional Fit Camp 0900 w/FF Team (Field House) THE BOX Functional Fit Camp 1000 w/ FF Team THE BOX Functional Fit Camp 1630 w/FF Team (Field House) THE BOX Functional Fit Camp 1730 w/FF Team	29 THE BOX Functional Fit Camp 0900 w/FF Team (Field House) THE BOX Functional Fit Camp 1000 w/FF Team (Field House) YOGA 1000 w/Katja	30 REGISTRATION FOR THE TURKEY TROT BEGINS NOVEMBER 1, 2021!!! GET OUT AND JOIN THE FUN! 
FLAG FOOTBALL CHAMPIONSHIP GAMES						