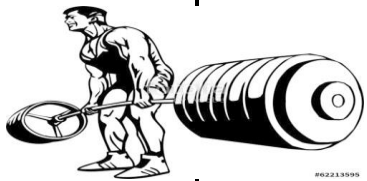




DECEMBER 2017 Fitness Calendar

Jesse L. Williams Fitness Center



SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
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 For more information Call, DSN: 476-2298, CIV: 09662-832298 or stop by the Jesse L. Williams Fitness Center, Bldg. 323 Rose Barracks				Physical Therapy Class 0745-0845 Body Pump w/ Kathy 0930-1030 Body Combat Express w/ Annmarie 12N-1230 Functional Fit Class 1800-1900 @ MFC				USAG BAVARIA POWERLIFTING MEET MEMORIAL FITNESS CENTER ROSE BARRACKS BEGINS 10 a.m.	
3		4		5		6		7		8		9	
 MON thru FRI 0900 - 1000		Bodypump w/ Carrie 0930-1030 Physical Therapy Class 1300-1400 Bodypump w/ Dawn 1730-1830		Physical Therapy Class 0745-0845 Body Pump w/ Kathy 0930-1015 (Intro) Body Combat Express w/ Annmarie 12N-1230 Functional Fit Class 1800-1900 @ MFC		PREGNANCY PT PROGRAM 0630 - 0730 WFC Bodypump w/ Carrie 0930-1030 Physical Therapy Class 1300-1400 Bodypump w/ Dawn 1730-1830		Physical Therapy Class 0745-0845 Body Pump w/ Kathy 0930-1015 (Intro) Body Combat Express w/ Annmarie 12N-1230 Functional Fit Class 1800-1900 @ MFC				NO CLASSES	
10		11		12		13		14		15		16	
 TUES & THURS 1800 - 1900		Bodypump w/ Carrie 0930-1030 Physical Therapy Class 1300-1400 Bodypump w/ Dawn 1730-1830		Physical Therapy Class 0745-0845 Body Pump w/ Kathy 0930-1015 (Intro) Body Combat Express w/ Annmarie 12N-1230 Functional Fit Class 1800-1900 @ MFC		PREGNANCY PT PROGRAM 0630 - 0730 WFC Bodypump w/ Carrie 0930-1030 Physical Therapy Class 1300-1400 Bodypump w/ Dawn 1730-1830		Physical Therapy Class 0745-0845 Body Pump w/ Kathy 0930-1015 (Intro) Body Combat Express w/ Annmarie 12N-1230 Functional Fit Class 1800-1900 @ MFC				NO CLASSES	
17		18		19		20		21		22		23	
Functional Fitness Class prices: ** \$30 a month for 2 times a week ** \$50 a month for 3 times a week ** \$70 a month for 5 times a week ** Single class: \$5		Bodypump w/ Carrie 0930-1030 Physical Therapy Class 1300-1400 Bodypump w/ Dawn 1730-1830		Physical Therapy Class 0745-0845 Body Combat Express w/ Annmarie 12N-1230 Functional Fit Class 1800-1900 @ MFC		PREGNANCY PT PROGRAM 0630 - 0730 WFC Bodypump w/ Carrie 0930-1030 Physical Therapy Class 1300-1400 Bodypump w/ Dawn 1730-1830		Physical Therapy Class 0745-0845 Body Combat Express w/ Annmarie 12N-1230 Functional Fit Class 1800-1900 @ MFC				NO CLASSES	
24		25		26		27		28		29		30	
HOLIDAY HOURS 0800 - 1500		US HOL CLOSED 		TRAINING HOL CLOSED		PREGNANCY PT PROGRAM 0630 - 0730 WFC Bodypump w/ Carrie 0930-1030 Physical Therapy Class 1300-1400 Bodypump w/ Dawn 1730-1830		Physical Therapy Class 0745-0845 Body Combat Express w/ Annmarie 12N-1230 Functional Fit Class 1800-1900 @ MFC				NO CLASSES	
31													
HOLIDAY HOURS 0800 - 1500													
Group Exercise Fitness Booklets/Tickets								FITNESS STARTS HERE - WHERE WELLNESS BEGINS					
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								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					