

DECEMBER 2023 CALENDAR FITNESS PROGRAM

TOWER BARRACKS

DON'T WAIT
IN LINE...

**REGISTER
ONLINE!**

SCAN ME



& GET YOUR
TICKETS TODAY



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 *Spin 9 a.m	2 Yoga du Jour 10:30 a.m
3	4	Zumba 9 a.m All Level Yoga 10:00 a.m Functional Fitness @Field House 9 a.m & 5:30 p.m.	5 Indoor Cycling 0630 Mixxed Fit 9 a.m Functional Fitness @Field House 9 a.m & 5:30 p.m Flow Yoga 6:30 p.m	6 All Level Yoga 7 10:00 a.m Functional Fitness @Field House 5:30 p.m	8 *Spin 9 a.m	9 Yoga du Jour 10:30 a.m
10	11	Zumba 9 a.m All Level Yoga 10:00 a.m Functional Fitness @Field House 5:30 p.m.	12 Indoor Cycling 0630 Mixxed Fit 9 a.m Functional Fitness @Field House 5:30 p.m Flow Yoga 6:30 p.m	13 Free Zumba! 9 a.m All Level Yoga 10:00 a.m Functional Fitness @Field House 5:30 p.m	14 *Spin 9 a.m	15 Yoga du Jour 10:30 a.m
17	18	All Level Yoga 10:00 a.m Functional Fitness @Field House 5:30 p.m.	19 Mixxed Fit 9 a.m Functional Fitness @Field House 5:30 p.m	20 All Level Yoga 10:00 a.m Functional Fitness @Field House 5:30 p.m	21 TRAINING HOLIDAY	22
24 31	25 FEDERAL HOLIDAY	26 Functional Fitness @Field House 5:30 p.m.	27 Mixxed Fit 9 a.m Functional Fitness @Field House 5:30 p.m	28 Functional Fitness @Field House 5:30 p.m	29 TRAINING HOLIDAY	30

MORE INFORMATION AT [GRAFENWOEHR.ARMYMWR.COM](https://www.grafenwoehr.armymwr.com)