



20 JANUARY 2017 (0730 – 1330) Tower Barracks Fitness Center

Massage Demos, Benefits and Information (0800 – 1300)
Free Massage Demos from our certified Massage Therapist

Personal Fitness Trainer info and Fitness Assessments (0800 – 1300)
Free Fitness Assessments from our Personal Fitness Trainers

Wellness and Nutritional information (0800 – 1300)
The Wellness Center staff will provide information on what services are available at the Wellness Center and other important wellness information.

Health Clinic information (0800 – 1300)

Fitness & Wellness Challenge Registration Drive (0800 – 1300)
Participate in an activity and save 20%! Instead of paying the \$50 registration fee, it's \$40 during this event!

KIDS ON SITE– CYSS will be provided child care on site! Parents must pre-register at CYSS Central Registration office or go on the web. For more information call, DSN: [476-2760](tel:476-2760) or [476-2658](tel:476-2658) or [476-2851](tel:476-2851). For a civilian prefix dial 09662-82 and the last 4. **Kids On Site registration is from 18 December – 12 January 2018.** Time slots are that morning from 0745-1000 and 1015-1230. Spaces are limited.

Participate in an activity/service on this day, and you'll also receive 10% discount on your next purchase at USAG Bavaria Tower Barracks and Rose Barracks Fitness Center.

Fitness Classes

BODY PUMP #104 STRONG (<i>Les Mills</i>)	0800 - 0900
FUNCTIONAL FITNESS	0910 - 0950
YOGA (Exercise Room)	0910 - 0950
INDOOR CYCLING (Cycling Room)	0940 - 1020
CARDIO STEP	1000 - 1030
PILATES	1000 - 1040
INDOOR CYCLING (Cycling Room)	1030 - 1110
MIXXEDFIT	1035 - 1105
YOGA	1050 - 1130
BODY COMBAT (<i>Les Mills</i>)	1110 - 1200
MISSION ESSENTIAL FITNESS	1200 - 1240
ZUMBA	1240 - 1310

Participants must register and participate in a class or services in order to be eligible for the door prizes and must be present to win.

Bavarian Motor Cars, GmbH will also raffle off a BMW Bicycle. Participants will have to fill out a BMW raffle ticket in order to win and are not required to be present.

The drawings will take place at the conclusion of the event at approximately 13:15 hours.

For more information contact the Tower Barracks Fitness Center, at DSN: 475-9007 or CIV: 096421-83-9007.