

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 Discover Therapeutic Massage for Greater Health! For more information call, DSN: 475-9007 or, CIV: 09641-83-9007, Tower Barracks Fitness Center. Bldg. 170	FITNESS STARTS HERE!  OPERATION HOURS MONDAY - FRIDAY.....0530 - 2100 SAT, SUN & US HOL.0900 - 1700 TRAINING HOLIDAY.....0800 - 2100 Tower Barracks Fitness Center, B170, DSN:475-9007 or CIV: 09641-839007			1 THE BOX 0830 & 0930 w/Anna (Field House) YOGA 0900 w/ Stormie BEGINNER PILATES 1115 w/Clarissa Physical Therapy 1300-1530 w/Donabelle ZUMBA 1630 w/Edgar (Cycling Room) Les Mills BODY COMBAT 1735 w/Colleen RIDE REAL 1800 w/Heide SPIRIT AIKIDO 1830 w/Kevin	2 THE BOX 0830 & 0930 w/Anna (Field House) Les Mills BODY PUMP 0900 w/Autumn YOGA 1000 w/Sita Les Mills BODY PUMP 1745w/ Annmarie	3 Purchase Adult Group Exercise Tickets and SAVE! 8 Tickets - \$20 10 Tickets - \$25 20 Tickets - \$45 1 Ticket = 1 Hour class or 1 Ticket = 2 x 30 Minutes classes Stop by your local Fitness Center Today!
4 Les Mills BODY COMBAT 0930 - w/Annemarie INDOOR CYCLING 1030 w/Sally ZUMBA 1035 w/Ashley Les Mills BODY PUMP 1140 w/ Autumn	5 THE BOX 0830 & 0930 w/Anna (Field House) Les Mills BODY PUMP 1015 w/ Rachel YOGA 1715 w/Cynthia MIXXEDFIT 1745 w/Shay (Cycling Room) Les Mills BODY COMBAT 1830 w/Colleen THE BOX 1830 w/Anna & Josh (Field House)	6 THE BOX 0830 & 0930 w/Anna (Field House) PRE/POSTNATAL PILATES 1000 w/Clarissa BEGINNER PILATES 1115 w/Clarissa Physical Therapy 1300-1530 w/Donabelle STEP 1645 w/Jay Les Mills BODY PUMP 17:45 w/ Autumn RIDE REAL 1800 w/Heide THE BOX 1830 w/ Anna & Josh (Field House) SPIRIT AIKIDO 1830 w/Kevin	7 THE BOX 0830 & 0930 w/Anna (Field House) YOGA 0900 w/Sita Mission Essential Fitness (MEF) 0900 w/Mike Les Mills BODY PUMP 1015 w/ Rachel YOGA 1715 w/Kristen ZUMBA 1800 w/Julia (Cycling Room) THE BOX 1830 w/ Anna & Josh (Field House)	8 THE BOX 0830 & 0930 w/Anna (Field House) BEGINNER PILATES 1115 w/Clarissa Physical Therapy 1300-1530 w/Donabelle ZUMBA 1630 w/Edgar (Cycling Room) Les Mills BODY COMBAT 1735 w/Colleen RIDE REAL 1800 w/Heide SPIRIT AIKIDO 1830 w/Kevin	9 THE BOX 0830 & 0930 w/Anna (Field House) Les Mills BODY PUMP 0900 w/Autumn YOGA 1005 w/Sita Les Mills BODY PUMP 1745w/ Annmarie	10 
11 Les Mills BODY COMBAT 0930 - w/Annemarie INDOOR CYCLING 1030 w/Sally ZUMBA 1035 w/Ashley Les Mills BODY PUMP 1140 w/ Autumn	12 THE BOX 0830 & 0930 w/Anna (Field House) Les Mills BODY PUMP 1015 w/ Autumn YOGA 1715 w/Cynthia MIXXEDFIT 1745 w/Shay (Cycling Room) THE BOX 1830 w/Anna & Josh (Field House)	13 THE BOX 0830 & 0930 w/Anna (Field House) Les Mills BODY PUMP 0830 w/Dawn Physical Therapy 1300-1530 w/Donabelle STEP 1645 w/Jay Les Mills BODY PUMP 17:45 w/ Annemarie RIDE REAL 1800 w/Heide THE BOX 1830 w/ Anna & Josh Field House) SPIRIT AIKIDO 1830 w/Kevin YOGA 1900 w/Kiley	14 THE BOX 0830 & 0930 w/Anna (Field House) YOGA 0900 w/Stormie Mission Essential Fitness (MEF) 0900 w/Mike Les Mills BODY PUMP 1015 w/ Rachel YOGA 1715 w/Kristen ZUMBA 1800 w/Julia (Cycling Room) THE BOX 1830 w/ Anna & Josh (Field House)	15 THE BOX 0830 & 0930 w/Anna (Field House) Les Mills BODY PUMP 0830 w/ Autumn YOGA 0900 w/ Stormie (Cycling Room) Physical Therapy 1300-1530 w/Donabelle ZUMBA 1630 w/Edgar RIDE REAL 1800 w/Heide SPIRIT AIKIDO 1830 w/Kevin	16 THE BOX 0830 & 0930 w/Anna (Field House) Les Mills BODY PUMP 0900 w/ Dawn YOGA 1005 w/Sita Les Mills BODY PUMP 1745w/ Annmarie	17 
18 Les Mills BODY COMBAT 0930 - w/Annemarie INDOOR CYCLING 1030 w/Sally ZUMBA 1035 w/Ashley Les Mills BODY PUMP 1140 w/ Autumn	19 THE BOX 0830 & 0930 w/Anna (Field House) Les Mills BODY PUMP 1015 w/ Rachel YOGA 1715 w/Cynthia Les Mills BODY COMBAT 1830 w/Colleen THE BOX 1830 w/Anna & Josh (Field House)	20 THE BOX 0830 & 0930 w/Anna (Field House) Les Mills BODY PUMP 0830 w/Dawn PRE/POSTNATAL PILATES 1000 w/Clarissa BEGINNER PILATES 1115 w/Clarissa Physical Therapy 1300-1530 w/Donabelle STEP 1645 w/Jay Les Mills BODY PUMP 17:45 w/ Annemarie RIDE REAL 1800 w/Heide THE BOX 1830 w/ Anna & Josh Field House) SPIRIT AIKIDO 1830 w/Kevin YOGA 1900 w/Kiley	21 THE BOX 0830 & 0930 w/Anna (Field House) YOGA 0900 w/Sita Mission Essential Fitness (MEF) 0900 w/Mike Les Mills BODY PUMP 1015 w/ Rachel YOGA 1715 w/Kristin ZUMBA 1800 w/Julia (Cycling Room) THE BOX 1830 w/ Anna & Josh (Field House)	22 THE BOX 0830 & 0930 w/Anna (Field House) Les Mills BODY PUMP 0830 w/ Autumn YOGA 0900 w/ Stormie (Cycling Room) BEGINNER PILATES 1115 w/Clarissa Physical Therapy 1300-1530 w/Donabelle ZUMBA 1630 w/Edgar Les Mills BODY COMBAT 1735 w/Colleen RIDE REAL 1800 w/Heide SPIRIT AIKIDO 1830 w/Kevin	23 THE BOX 0830 & 0930 w/Anna (Field House) Les Mills BODY PUMP 0900 w/ Dawn YOGA 1015 w/Sita Les Mills BODY PUMP 1745w/Annmarie 	24 
25 Les Mills BODY COMBAT 0930 - w/Annemarie & Colleen INDOOR CYCLING 1030 w/Sally ZUMBA 1035 w/Ashley Les Mills BODY PUMP 1140 w/ Autumn	26 THE BOX 0830 & 0930 w/Anna (Field House) Les Mills BODY PUMP 1015 w/ Rachel YOGA 1715 w/Cynthia MIXXEDFIT 1745 w/Shay (Cycling Room) Les Mills BODY COMBAT 1830 w/Colleen THE BOX 1830 w/ Anna & Josh (Field House)	27 THE BOX 0830 & 0930 w/Anna (Field House) Les Mills BODY PUMP 0830 w/Dawn PRE/POSTNATAL PILATES 1000 w/Clarissa BEGINNER PILATES 1115 w/Clarissa Physical Therapy 1300-1530 w/Donabelle STEP 1645 w/Jay Les Mills BODY PUMP 17:45 w/ Annemarie THE BOX 1830 w/ Anna & Josh Field House) SPIRIT AIKIDO 1830 w/Kevin YOGA 1900 w/Kiley	28 THE BOX 0830 & 0930 w/Anna (Field House) Mission Essential Fitness (MEF) 0900 w/Mike Les Mills BODY PUMP 1015 w/ Rachel YOGA 1715 w/Kristin ZUMBA 1800 w/Julia (Cycling Room) THE BOX 1830 w/ Anna & Josh (Field House)	29 THE BOX 0830 & 0930 w/Anna (Field House) Les Mills BODY PUMP 0830 w/ Autumn YOGA 0900 w/ Stormie (Cycling Room) BEGINNER PILATES 1115 w/Clarissa Physical Therapy 1300-1530 w/Donabelle ZUMBA 1630 w/Edgar Les Mills BODY COMBAT 1735 w/Colleen SPIRIT AIKIDO 1830 w/Kevin	30 Training Holiday THE BOX 0900 w/Anna (Field House)	31 Personal Fitness Trainer Available at the Tower Barracks Fitness Center! Are you looking for a work out that will be challenging and provide the results you are looking for? For more information call, DSN: 475-9007 or, CIV: 09641-839007