



APRIL 2018

Jesse L. Williams Fitness Center

Fitness Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 HAPPY EASTER NO CLASSES	2 TRAINING HOL NO CLASSES	3 Physical Therapy Class 0745-0845 Body Pump w/ Katie 0930-1030 Body Pump w/ Annmarie 1730-1830 Functional Fit Class 1800-1900 @ MFC	4 Pregnancy PT Program 0630 - 0730 WFC Functional Fit Class 0900-1000 @ MFC Physical Therapy Class 1300-1400	5 Physical Therapy Class 0745-0845 Body Pump w/ Katie 0930-1030 Functional Fit Class 1800-1900 @ MFC	6 Body Pump w/ Carrie 0930-1030	7 GRAFENWOEHR RUGGED TERRAIN OBSTACLE RUN VI  Run starts @ 0900
8	9	10	11	12	13	14
MEMORIAL FC FUNCTIONAL FITNESS  MON & WED 0900 - 1000	Functional Fit Class 0900-1000 @ MFC Body Pump w/ Carrie 0930-1030 Body Combat 45 w/ Annmarie 12N-1230 Spin Strong w/ Novin 1600-1700	Physical Therapy Class 0745-0845 Body Pump w/ Katie 0930-1030 Body Pump w/ Annmarie 1730-1830 Functional Fit Class 1800-1900 @ MFC	Pregnancy PT Program 0630 - 0730 WFC Functional Fit Class 0900-1000 @ MFC Body Pump w/ Carrie 0930-1030 Body Combat 45 w/ Annmarie 12N-1230 Physical Therapy Class 1300-1400	Physical Therapy Class 0745-0845 Body Pump w/ Katie 0930-1030 Functional Fit Class 1800-1900 @ MFC	Body Pump w/ Carrie 0930-1030	NO CLASSES
15	16	17	18	19	20	21
MEMORIAL FC FUNCTIONAL FITNESS  TUES & THURS 1800 - 1900	Functional Fit Class 0900-1000 @ MFC Body Pump w/ Carrie 0930-1030 Body Combat 45 w/ Annmarie 12N-1230 Spin Strong w/ Novin 1600-1700	Physical Therapy Class 0745-0845 Body Pump w/ Katie 0930-1030 Body Pump w/ Annmarie 1730-1830 Functional Fit Class 1800-1900 @ MFC	Pregnancy PT Program 0630 - 0730 WFC  Run starts @ 0630 Functional Fit Class 0900-1000 @ MFC Body Pump w/ Carrie 0930-1030 Body Combat 45 w/ Annmarie 12N-1230 Physical Therapy Class 1300-1400	Physical Therapy Class 0745-0845 Body Pump w/ Katie 0930-1030 Functional Fit Class 1800-1900 @ MFC	TRAINING HOL NO CLASSES	NO CLASSES
22	23	24	25	26	27	28
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	TRAINING HOL NO CLASSES	Physical Therapy Class 0745-0845 Body Pump w/ Katie 0930-1030 Body Pump w/ Annmarie 1730-1830 Functional Fit Class 1800-1900 @ MFC	Pregnancy PT Program 0630 - 0730 WFC Functional Fit Class 0900-1000 @ MFC Body Pump w/ Carrie 0930-1030 Body Combat 45 w/ Annmarie 12N-1230 Physical Therapy Class 1300-1400	Physical Therapy Class 0745-0845 Body Pump w/ Katie 0930-1030 Functional Fit Class 1800-1900 @ MFC	Body Pump w/ Carrie 0930-1030	NO CLASSES
29	30					
NO CLASSES	Functional Fit Class 0900-1000 @ MFC Body Pump w/ Carrie 0930-1030 Body Combat 45 w/ Annmarie 12N-1230 Spin Strong w/ Novin 1600-1700	Discover Therapeutic Massage For Greater Health! with Carmen   For more information Call, DSN: 476-2298, COM: 09662-83-2298 or stop by the Jesse L. Williams Fitness Center, Bldg. 323 Rose Barracks 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				

Group Exercise Fitness Booklets/Tickets

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, COM: 09662-83-2998

FITNESS STARTS HERE - WHERE WELLNESS BEGINS



OPERATION HOURS

MONDAY- FRIDAY0530-2100
 SATURDAY & SUNDAY0900-1700
 TRAINING HOLIDAY0800-2100
 US HOLIDAYS0900-1700
www.grafenwoehr.armymwr.com