



May 2018

Tower Barracks Physical Fitness Center



Sun	Mon	Tue	Wed	Thu	Fri	Sat
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) BEGINNER PILATES 1115 w/Clarissa Physical Therapy 1300-1530 w/Donabelle STEP 1645 w/Jay Les Mills BODY PUMP 17:45 w/Autumn THE BOX 1830 w/Anna & Josh (Field House) SPIRIT AIKIDO 1830 w/Kevin YOGA 1900 w/Kiley	2 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/Kristen ZUMBA 1820 w/Julia THE BOX 1830 w/Anna & Josh (Field House)	3 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 Les Mills BODY COMBAT 1735 w/Colleen SPIRIT AIKIDO 1830 w/Kevin	4 THE BOX 0830 & 0930 w/Anna (Field House) Les Mills BODY PUMP 1015 w/Autumn Les Mills BODY PUMP 1745w/Annmarie	5 BODY PUMP EXPRESS 0900 w/Jay
6 Les Mills BODY COMBAT 0930 - w/Annemarie & Colleen INDOOR CYCLING 1030 w/Sally ZUMBA 1035 w/Ashley Les Mills BODY PUMP 1140 w/Autumn	7 THE BOX 0830 & 0930 w/Anna (Field House) Les Mills BODY PUMP 1015 w/Autumn & 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)	8 THE BOX 0830 & 0930 w/Anna (Field House) Physical Therapy 1300-1530 w/Donabelle STEP 1645 w/Jay Les Mills BODY PUMP 17:45 w/Autumn THE BOX 1830 w/Anna & Josh (Field House) SPIRIT AIKIDO 1830 w/Kevin YOGA 1900 w/Kiley	9 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/Kristen ZUMBA 1820 w/Julia THE BOX 1830 w/Anna & Josh (Field House)	10 THE BOX 0830 & 0930 w/Anna (Field House) YOGA 0900 w/Stormie Physical Therapy 1300-1530 w/Donabelle ZUMBA 1630 w/Edgar Les Mills BODY COMBAT 1735 w/Colleen SPIRIT AIKIDO 1830 w/Kevin	11 THE BOX 0830 & 0930 w/Anna (Field House) Les Mills BODY PUMP 1015 w/Autumn Les Mills BODY PUMP 1745w/Annmarie	12 Begins at 0900
13 Les Mills BODY COMBAT 0930 - w/Annemarie INDOOR CYCLING 1030 w/Sally ZUMBA 1035 w/Ashley Les Mills BODY PUMP 1140 w/Autumn 	14 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)	15 THE BOX 0830 & 0930 w/Anna (Field House) Physical Therapy 1300-1530 w/Donabelle STEP 1645 w/Jay Les Mills BODY PUMP 17:45 w/Autumn SPIRIT AIKIDO 1830 w/Kevin THE BOX 1830 w/Anna & Josh (Field House) YOGA 1900 w/Kiley	16 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/Kristen ZUMBA 1820 w/Julia THE BOX 1830 w/Anna & Josh (Field House)	17 YOGA 0900 w/Stormie Physical Therapy 1300-1530 w/Donabelle ZUMBA 1630 w/Edgar SPIRIT AIKIDO 1830 w/Kevin	18 Les Mills BODY PUMP 1015 w/Autumn Les Mills BODY PUMP 1745w/Annmarie	19 BODY PUMP EXPRESS 0900 w/Jay
20 Les Mills BODY COMBAT 0930 - w/Annemarie INDOOR CYCLING 1030 w/Sally ZUMBA 1035 w/Ashley Les Mills BODY PUMP 1140 w/Autumn	21 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) THE BOX 1830 w/Anna & Josh (Field House)	22 THE BOX 0830 & 0930 w/Anna (Field House) Physical Therapy 1300-1530 w/Donabelle STEP 1645 w/Jay Les Mills BODY PUMP 17:45 w/Autumn THE BOX 1830 w/Anna & Josh (Field House) SPIRIT AIKIDO 1830 w/Kevin YOGA 1900 w/Kiley	23 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 1820 w/Julia THE BOX 1830 w/Anna & Josh (Field House)	24 RUN TO HONOR Starts at 0600 THE BOX 0830 & 0930 w/Anna (Field House) YOGA 0900 w/Stormie Physical Therapy 1300-1530 w/Donabelle ZUMBA 1630 w/Edgar SPIRIT AIKIDO 1830 w/Kevin	25 Training Holiday THE BOX 0900 w/Anna (Field House)	26 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!
27 Les Mills BODY COMBAT 0930 - w/Annemarie	28 US Holiday THE BOX 0900 w/Anna (Field House) 	29 THE BOX 0830 & 0930 w/Anna (Field House) 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) YOGA 1900 w/Kiley	30 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 1820 w/Julia THE BOX 1830 w/Anna & Josh (Field House)	31 THE BOX 0830 & 0930 w/Anna (Field House) YOGA 0900 w/Stormie Physical Therapy 1300-1530 w/Donabelle ZUMBA 1630 w/Edgar SPIRIT AIKIDO 1830 w/Kevin	 Discover Therapeutic Massage for Greater Health! For more information call, DSN: 475-9007 or, CIV: 09641-83-9007, Tower Barracks Fitness Center. Bldg. 170	 Personal Fitness Trainer Available at the Tower Barracks Fitness Center! <i>Are you looking for a work out that will be challenging and provide the results you are looking for?</i> For more information call, DSN: 475-9007 or, CIV: 09641-839007