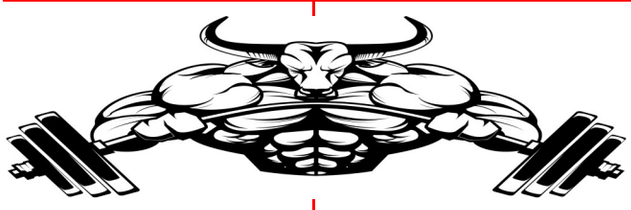
July 2018
Tower Barracks Physical Fitness Center

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	**2** **Les Mills BODY PUMP** 1015 w/ Autumn & Rachel **MIXXEDFIT** 1745 w/Shay (Cycling Room) **THE BOX** 1830 w/ Josh (Field House)	**3** **POWER YOGA** 0930 w/ Sabre **Physical Therapy** 1300-1530 w/Donabelle **Les Mills BODY PUMP** 1715 w/ Autumn **YOGA** 1900 w/Kiley **THE BOX** 1830 w/ Josh (Field House)	*Happy 4th of July* 	**5** **ASTANGA YOGA** 0900 w/ Mariela **Physical Therapy** 1300-1530 w/Donabelle **ZUMBA** 1630 w/Edgar (Cycling Room) **Les Mills BODY PUMP** 1715 w/ Autumn	**6** **ASTANGA YOGA** 0900 w/ Mariela **Les Mills BODY PUMP** 1015 w/Autumn **MIXXEDFIT** 1745 w/Shay (Cycling Room)	**7**
8 **INDOOR CYCLING** 1030 w/Sally	**9** **INDOOR CYCLING** 0930 w/Sally **Les Mills BODY PUMP** 1015 w/ Autumn **MIXXEDFIT** 1745 w/Shay (Cycling Room) **THE BOX** 1830 w/ Josh (Field House)	**10** **POWER YOGA** 0930 w/ Sabre **Physical Therapy** 1300-1530 w/Donabelle **Les Mills BODY PUMP** 1715 w/ Autumn **THE BOX** 1830 w/ Josh (Field House)	**11** **Mission Essential Fitness (MEF)** 0900 w/Mike **INDOOR CYCLING** 0930 w/Sally **ZUMBA** 1820 w/Edgar **THE BOX** 1830 w/ Josh (Field House)	**12** **Physical Therapy** 1300-1530 w/Donabelle **ZUMBA** 1630 w/Edgar (Cycling Room) **Les Mills BODY PUMP** 1715 w/ Autumn	**13** Training Holiday	**14** **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**
15 **INDOOR CYCLING** 1030 w/Sally	**16** Training Holiday **THE BOX** 0900 w/Anna (Field House)	**17** **THE BOX** 0830 **&** 0930 w/Anna (Field House) **POWER YOGA** 0930 w/ Sabre **Physical Therapy** 1300-1530 w/Donabelle **Les Mills BODY PUMP** 1715 w/ Autumn **YOGA** 1900 w/Kiley **THE BOX** 1830 w/Anna & Josh (Field House)	**18** **THE BOX** 0830 **&** 0930 w/Anna (Field House) **ASTANGA YOGA** 0900 w/ Mariela **Mission Essential Fitness (MEF)** 0900 w/Mike **INDOOR CYCLING** 0930 w/Sally **ZUMBA** 1820 w/Edgar\ **THE BOX** 1830 w/ Josh (Field House)	**19** **THE BOX** 0830 **&** 0930 w/Anna (Field House) **ASTANGA YOGA** 0900 w/ Mariela **Physical Therapy** 1300-1530 w/Donabelle **ZUMBA** 1630 w/Edgar (Cycling Room) **Les Mills BODY PUMP** 1715 w/ Autumn	**20** **THE BOX** 0830 **&** 0930 w/Anna (Field House) **ASTANGA YOGA** 0900 w/ Mariela **INDOOR CYCLING** 0930 w/Sally **Les Mills BODY PUMP** 1015 w/ Autumn **MIXXEDFIT** 1745 w/Shay (Cycling Room)	**21** Massage Program Sports and Recreation **Discover Therapeutic Massage for Greater Health!** **For more information call,** **DSN: 475-9007 or, CIV: 09641-83-9007, Tower Barracks Fitness Center.**
22 **INDOOR CYCLING** 1030 w/Sally	**23** **THE BOX** 0830 **&** 0930 w/Anna (Field House) **INDOOR CYCLING** 0930 w/Sally **Les Mills BODY PUMP** 1015 w/ Autumn & Rachel **MIXXEDFIT** 1745 w/Shay (Cycling Room) **THE BOX** 1830 w/Anna & Josh (Field House)	**24** **THE BOX** 0830 **&** 0930 w/Anna (Field House) **POWER YOGA** 0930 w/ Sabre **Physical Therapy** 1300-1530 w/Donabelle **Les Mills BODY PUMP** 1715 w/ Autumn **THE BOX** 1830 w/ Anna & Josh (Field House)	**25** **THE BOX** 0830 & 0930 w/Anna (Field House) **ASTANGA YOGA** 0900 w/ Mariela **Mission Essential Fitness (MEF)** 0900 w/Mike **INDOOR CYCLING** 0930 w/Sally **Les Mills BODY PUMP** 1015 w/ Rachel **ZUMBA** 1820 w/Edgar **THE BOX** 1830 w/ Anna & Josh (Field House)	**26** **THE BOX** 0830 **&** 0930 w/Anna (Field House) **ASTANGA YOGA** 0900 w/ Mariela **Physical Therapy** 1300-1530 w/Donabelle **ZUMBA** 1630 w/Edgar (Cycling Room) **Les Mills BODY PUMP** 1715 w/ Autumn	**27** **THE BOX** 0830 **&** 0930 w/Anna (Field House) **ASTANGA YOGA** 0900 w/ Mariela **INDOOR CYCLING** 0930 w/Sally **Les Mills BODY PUMP** 1015 w/ Autumn **MIXXEDFIT** 1745 w/Shay (Cycling Room)	**28** **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!** 
29 **INDOOR CYCLING** 1030 w/Sally	**30** **THE BOX** 0830 **&** 0930 w/Anna (Field House) **INDOOR CYCLING** 0930 w/Sally **Les Mills BODY PUMP** 1015 w/ Autumn & Rachel **MIXXEDFIT** 1745 w/Shay (Cycling Room) **THE BOX** 1830 w/ Anna-Josh (Field House)	**31** **THE BOX** 0830 **&** 0930 w/Anna (Field House) **POWER YOGA** 0930 w/ Sabre **Physical Therapy** 1300-1530 w/Donabelle **Les Mills BODY PUMP** 1715 w/ Autumn **YOGA** 1900 w/Kiley **THE BOX** 1830 w/ Anna & Josh Field House)		**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**	

Updated: 26 June 2018

Classes are subject to change!