July 2018
Jesse L. Williams Physical Fitness Center

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 **Functional Fit Class** 0900-1000 @ MFC **Body Pump** w/ Carrie 0930-1030 **Physical Therapy Class** 1300-1400 **Spin Strong** w/ Novin 1600-1645	3 **Physical Therapy Class** 0745-0845 **Functional Fit Class** 1800-1900 @ MFC	4 Fourth of July!  **Pregnancy PT Program** 0630-0730 @ WFC **Functional Fit Class** 0900-1000 @ MFC **Physical Therapy Class** 1300-1400	5 **Training Holiday** **Physical Therapy Class** 0745-0845 **Functional Fit Class** 1800-1900 @ MFC	6	7
8	9 **Functional Fit Class** 0900-1000 @ MFC **Body Pump** w/ Carrie 0930-1030 **Physical Therapy Class** 1300-1400	10 **Physical Therapy Class** 0745-0845 **Functional Fit Class** 1800-1900 @ MFC	11 **Pregnancy PT Program** 0630-0730 @ WFC **Functional Fit Class** 0900-1000 @ MFC **Body Pump** w/ Carrie 0930-1030 **Physical Therapy Class** 1300-1400	12 **Physical Therapy Class** 0745-0845 **Functional Fit Class** 1800-1900 @ MFC	13 **Training Holiday** **Body Pump Express** w/ Carrie 0900-0945 **Body Balance** w/ Carrie 1000-1045	14
15	16 **Training Holiday** **Functional Fit Class** 0900-1000 @ MFC **Body Pump** w/ Carrie 0930-1030 **Physical Therapy Class** 1300-1400 **Spin Strong** w/ Novin 1600-1645	17 **Physical Therapy Class** 0745-0845 **Functional Fit Class** 1800-1900 @ MFC	18 **Pregnancy PT Program** 0630-0730 @ WFC **Functional Fit Class** 0900-1000 @ MFC **Body Pump** w/ Carrie 0930-1030 **Physical Therapy Class** 1300-1400	19 **Physical Therapy Class** 0745-0845 **Functional Fit Class** 1800-1900 @ MFC	20 **Body Pump Express** w/ Carrie 0900-0945 **Body Balance** w/ Carrie 1000-1045	21
22	23 **Functional Fit Class** 0900-1000 @ MFC **Body Pump** w/ Carrie 0930-1030 **Physical Therapy Class** 1300-1400 **Spin Strong** w/ Novin 1600-1645	24 **Physical Therapy Class** 0745-0845 **Functional Fit Class** 1800-1900 @ MFC	25 **Pregnancy PT Program** 0630-0730 @ WFC **Functional Fit Class** 0900-1000 @ MFC **Body Pump** w/ Carrie 0930-1030 **Physical Therapy Class** 1300-1400	26 **Physical Therapy Class** 0745-0845 **Functional Fit Class** 1800-1900 @ MFC	27 **Body Pump Express** w/ Carrie 0900-0945 **Body Balance** w/ Carrie 1000-1045	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	30 **Functional Fit Class** 0900-1000 @ MFC **Body Pump** w/ Carrie 0930-1030 **Physical Therapy Class** 1300-1400 **Spin Strong** w/ Novin 1600-1645	31 **Physical Therapy Class** 0745-0845 **Functional Fit Class** 1800-1900 @ MFC	**FITNESS STARTS HERE!**  **OPERATION HOURS** **MONDAY - FRIDAY……..0530 - 2100** **SAT, SUN & *US HOL.* .....0900 - 1700** **TRAINING HOLIDAY……..0800 - 2100** **Jesse L. Williams Fitness Center, B323, DSN:475-2998 or CIV: 09662-83-2998**	**Discover Therapeutic Massage for Greater Health!** For more information call, DSN: 475-2998 or, CIV: 0152-395-12314, Jesse L. Williams Fitness Center. Bldg. 323	**Personal Fitness Trainer** Available at the Jesse L. Williams 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: 475-2998 or, CIV: 09662 -83-2998

Updated: 16 May 2018

Classes are subject to change!