



August 2018

Jesse L. Williams Physical Fitness Center



Sun	Mon	Tue	Wed	Thu	Fri	Sat
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!	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	1 Pregnancy PT Program 0630-0730 @ WFC Functional Fit Class 0900-1000 @ MFC Body Pump w/ Carrie 0930-1030 Physical Therapy Class 1300-1400	2 Physical Therapy Class 0745-0845 Functional Fit Class 1800-1900 @ MFC	3 Body Pump Express w/ Carrie 0900-0945 Body Balance w/ Carrie 1000-1045	4	
5	6 Functional Fit Class 0900-1000 @ MFC Body Pump w/ Carrie 0930-1030 Physical Therapy Class 1300-1400	7 Physical Therapy Class 0745-0845 Functional Fit Class 1800-1900 @ MFC	8 Pregnancy PT Program 0630-0730 @ WFC Functional Fit Class 0900-1000 @ MFC Body Pump w/ Carrie 0930-1030 Physical Therapy Class 1300-1400	9 Physical Therapy Class 0745-0845 Functional Fit Class 1800-1900 @ MFC	10 Body Pump Express w/ Carrie 0900-0945 Body Balance w/ Carrie 1000-1045	11
12	13 Functional Fit Class 0900-1000 @ MFC Body Pump w/ Carrie 0930-1030 LUNCH TIME SPIN w/ Aaron 1145-1245 Physical Therapy Class 1300-1400 SPIN STRONG w/ Novin 1600-1645	14 Physical Therapy Class 0745-0845 Functional Fit Class 1800-1900 @ MFC	15 Pregnancy PT Program 0630-0730 @ WFC Functional Fit Class 0900-1000 @ MFC Body Pump w/ Carrie 0930-1030 Physical Therapy Class 1300-1400	16 Physical Therapy Class 0745-0845 Functional Fit Class 1800-1900 @ MFC	17 Body Pump Express w/ Carrie 0900-0945 Body Balance w/ Carrie 1000-1045	18
19	20 Functional Fit Class 0900-1000 @ MFC Body Pump w/ Carrie 0930-1030 LUNCH TIME SPIN w/ Aaron 1145-1245 Physical Therapy Class 1300-1400 SPIN STRONG w/ Novin 1600-1645	21 Physical Therapy Class 0745-0845 Functional Fit Class 1800-1900 @ MFC	22 Pregnancy PT Program 0630-0730 @ WFC Functional Fit Class 0900-1000 @ MFC Body Pump w/ Carrie 0930-1030 Physical Therapy Class 1300-1400	23 Physical Therapy Class 0745-0845 Functional Fit Class 1800-1900 @ MFC	24	25
26  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	27 Functional Fit Class 0900-1000 @ MFC Body Pump w/ Carrie 0930-1030 LUNCH TIME SPIN w/ Aaron 1145-1245 Physical Therapy Class 1300-1400 SPIN STRONG w/ Novin 1600-1645	28 Physical Therapy Class 0745-0845 Functional Fit Class 1800-1900 @ MFC	29 Pregnancy PT Program 0630-0730 @ WFC Functional Fit Class 0900-1000 @ MFC Physical Therapy Class 1300-1400	30 Physical Therapy Class 0745-0845 Functional Fit Class 1800-1900 @ MFC	31	 Personal Fitness Trainer Available at the Jesse L. Williams 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: 475-2998 or, CIV: 09662-83-2998