



November 2018

Rose Barracks Physical Fitness Center



Sun	Mon	Tue	Wed	Thu	Fri	Sat
28  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	29 LUNCH TIME SPIN w/ Aaron 1145-1245 Physical Therapy 1300-1400 Functional Fitness 1800-1900 @ MFC	30 Physical Therapy 0745-0845 Functional Fitness 1800-1900 @ MFC	31 Pregnancy PT 0630-0730 @ WFC Functional Fitness 0900-1000 @ MFC Physical Therapy 1300-1400 Yoga 1700-1800 Functional Fitness 1800-1900 @ MFC	1 Physical Therapy Class 0745-0845 Functional Fitness 1800-1900 @ MFC	2	3 Yoga 0900-1000
4	5 LUNCH TIME SPIN w/ Aaron 1145-1245 Physical Therapy 1300-1400 SPIN STRONG w/ Novin 1600-1645 Functional Fitness 1800-1900 @ MFC	6 Physical Therapy 0745-0845 Functional Fitness 1800-1900 @ MFC	7 Pregnancy PT 0630-0730 @ WFC Functional Fitness 0900-1000 @ MFC Physical Therapy 1300-1400 Yoga 1700-1800 Functional Fitness 1800-1900 @ MFC	8 Physical Therapy Class 0745-0845 Functional Fitness 1800-1900 @ MFC	9	10 Yoga 0900-1000
11	12 VETERANS DAY NO FITNESS CLASSES Hours of Operation: 0900-1700 Must have 24 HR access to use during unmanned hours	13 Physical Therapy 0745-0845 Functional Fitness 1800-1900 @ MFC	14 Pregnancy PT 0630-0730 @ WFC Functional Fitness 0900-1000 @ MFC Physical Therapy 1300-1400 Yoga 1700-1800 Functional Fitness 1800-1900 @ MFC	15 Physical Therapy Class 0745-0845 Functional Fitness 1800-1900 @ MFC	16	17 Yoga 0900-1000 TURKEY TROT Registration begins at 0730 @ 1108 Little Mike Field
18	19 LUNCH TIME SPIN w/ Aaron 1145-1245 Physical Therapy 1300-1400 SPIN STRONG w/ Novin 1600-1645 Functional Fitness 1800-1900 @ MFC	20 Physical Therapy 0745-0845 Functional Fitness 1800-1900 @ MFC	21 Pregnancy PT 0630-0730 @ WFC Functional Fitness 0900-1000 @ MFC Physical Therapy 1300-1400 Yoga 1700-1800 Functional Fitness 1800-1900 @ MFC	22 THANKSGIVING NO FITNESS CLASSES Hours of Operation: 0900-1700 Must have 24 HR access to use during unmanned hours	23	24 Yoga 0900-1000
25 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!  	26 LUNCH TIME SPIN w/ Aaron 1145-1245 Physical Therapy 1300-1400 SPIN STRONG w/ Novin 1600-1645 Functional Fitness 1800-1900 @ MFC	27 Physical Therapy 0745-0845 Functional Fitness 1800-1900 @ MFC	28 Pregnancy PT 0630-0730 @ WFC Functional Fitness 0900-1000 @ MFC Physical Therapy 1300-1400 Yoga 1700-1800 Functional Fitness 1800-1900 @ MFC	29 Physical Therapy Class 0745-0845 Functional Fitness 1800-1900 @ MFC	FITNESS STARTS HERE!  NOW 24 HR FACILITY Mandatory orientation access. Orientations are held Monday-Friday at 1200 & 1800. Preregistration is required. Jesse L. Williams Fitness Center, B323, DSN:475-2998 or CIV: 09662-83-2998	