



NOVEMBER 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) YOGA 0900 w/ Kathy PHYSICAL THERAPY 1300-1530 w/Donabelle ZUMBA 1700 w/Edgar (Cycling Room) LES MILLS BODY PUMP 1715 w/ Jay SPIRIT AIKIDO 1830 w/Kevin LATIN DANCE 1830 w/Christina INDOOR CYCLING 1830 w/Sally	2 TRAINING HOLIDAY THE BOX 0900 w/Anna (Field House)	Discover Therapeutic Massage for Greater Health! For more information call, DSN: 475-9007 or, CIV: 09641-83-9007, Tower Barracks Fitness Center. Bldg. 170
4 INDOOR CYCLING 1030 w/Sally	5 THE BOX 0830 & 0930 w/Anna (Field House) YOGA 0900 w/ Kathy YOGA 1715 w/ Cynthia MIXXEDFIT 1745 w/ Shay (Cycling Room) THE BOX 1830 w/Anna & Bobby (Field House)	6 THE BOX 0830 & 0930 w/Anna (Field House) PHYSICAL THERAPY 1300-1530 w/Donabelle LES MILLS BODY PUMP 1715 w/ Jay YOGA 1730 w/Kiley LATIN DANCE 1830 w/Christina SPIRIT AIKIDO 1830 w/Kevin THE BOX 1830 w/Anna & Bobby (Field House)	7 THE BOX 0830 & 0930 w/Anna (Field House) LES MILLS BODY PUMP 1000 w/ Rachel ZUMBA 1700 w/Edgar POWER YOGA 1715 w/Kristen RIDE REAL 1815 w/Heide THE BOX 1830 w/ Anna & Bobby (Field House)	8 THE BOX 0830 & 0930 w/Anna (Field House) YOGA 0900 w/ Kathy PHYSICAL THERAPY 1300-1530 w/Donabelle ZUMBA 1700 w/Edgar (Cycling Room) LES MILLS BODY PUMP 1715 w/ Jay SPIRIT AIKIDO 1830 w/Kevin LATIN DANCE 1830 w/Christina INDOOR CYCLING 1830 w/Sally	9 THE BOX 0830 & 0930 w/Anna (Field House) YOGA 0900 w/Mariela LES MILLS BODY PUMP 1015 w/ Rachel	10
11 INDOOR CYCLING 1030 w/Sally VETERAN'S DAY	12 YOGA 0930 w/ Kathy VETERAN'S DAY (Obs.)	13 THE BOX 0830 & 0930 w/Anna (Field House) PHYSICAL THERAPY 1300-1530 w/Donabelle LES MILLS BODY PUMP 1715 w/ Jay YOGA 1730 w/Kiley LATIN DANCE 1830 w/Christina SPIRIT AIKIDO 1830 w/Kevin THE BOX 1830 w/Anna & Bobby (Field House)	14 THE BOX 0830 & 0930 w/Anna (Field House) LES MILLS BODY PUMP 1000 w/ Rachel RIDE REAL 1545 w/Heide ZUMBA 1700 w/Edgar POWER YOGA 1715 w/Kristen RIDE REAL 1815 w/Heide THE BOX 1830 w/ Anna & Bobby (Field House)	15 THE BOX 0830 & 0930 w/Anna (Field House) YOGA 0900 w/ Kathy PHYSICAL THERAPY 1300-1530 w/Donabelle ZUMBA 1700 w/Edgar (Cycling Room) LES MILLS BODY PUMP 1715 w/ Jay SPIRIT AIKIDO 1830 w/Kevin LATIN DANCE 1830 w/Christina INDOOR CYCLING 1830 w/Sally	16 THE BOX 0830 & 0930 w/Anna (Field House) YOGA 0900 w/Mariela LES MILLS BODY PUMP 1015 w/ Rachel	17
18 INDOOR CYCLING 1030 w/Sally	19 THE BOX 0830 & 0930 w/Anna (Field House) YOGA 0900 w/ Kathy LES MILLS BODY PUMP 1015 w/ Rachel YOGA 1715 w/ Cynthia MIXXEDFIT 1745 w/ Shay (Cycling Room) THE BOX 1830 w/Anna & Bobby (Field House)	20 THE BOX 0830 & 0930 w/ Anna (Field House) YOGA 0930 w/Sabre PHYSICAL THERAPY 1300-1530 w/Donabelle LES MILLS BODY PUMP 1715 w/ Jay YOGA 1730 w/Kiley LATIN DANCE 1830 w/Christina SPIRIT AIKIDO 1830 w/Kevin THE BOX 1830 w/Anna & Bobby (Field House)	21 THE BOX 0830 & 0930 w/Anna (Field House) LES MILLS BODY PUMP 1000 w/ Rachel RIDE REAL 1545 w/Heide POWER YOGA 1715 w/Kristen RIDE REAL 1815 w/Heide THE BOX 1830 w/ Anna & Bobby (Field House)	22	23 TRAINING HOLIDAY	24
25 INDOOR CYCLING 1030 w/Sally	26 THE BOX 0830 & 0930 w/ Anna (Field House) YOGA 0900 w/ Kathy MIXXEDFIT 1745 w/ Shay (Cycling Room) THE BOX 1830 w/Anna & Bobby (Field House)	27 THE BOX 0830 & 0930 w/Anna (Field House) YOGA 0930 w/Sabre PHYSICAL THERAPY 1300-1530 w/Donabelle LES MILLS BODY PUMP 1715 w/ Jay LATIN DANCE 1830 w/Christina SPIRIT AIKIDO 1830 w/Kevin THE BOX 1830 w/Anna & Bobby (Field House)	28 THE BOX 0830 & 0930 w/Anna (Field House) LES MILLS BODY PUMP 1000 w/ Rachel RIDE REAL 1545 w/Heide POWER YOGA 1715 w/Kristen RIDE REAL 1815 w/Heide THE BOX 1830 w/ Anna & Bobby (Field House)	29 THE BOX 0830 & 0930 w/Anna (Field House) PHYSICAL THERAPY 1300-1530 w/Donabelle YOGA 0900 w/ Kathy LES MILLS BODY PUMP 1715 w/ Jay SPIRIT AIKIDO 1830 w/Kevin LATIN DANCE 1830 w/Christina INDOOR CYCLING 1830 w/Sally	30 THE BOX 0830 & 0930 w/Anna (Field House) YOGA 0900 w/Mariela LES MILLS BODY PUMP 1015 w/ Rachel	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!

