
















JANUARY 2019

Rose Barracks Fitness Center

Fitness Calendar



Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>Discover Therapeutic Massage for Greater Health!</p> <p>DSN: 475-2998 or, CIV: 09662-83-2998, Jesse L. Williams Fitness Center.</p>	<p>Personal Fitness Trainer</p>  <p><i>Are you looking for a work out that will be challenging and provide the results you are looking for?</i></p> <p>For more information call, DSN: 475-2998 or, COM: 09662-83-2998</p>	<p>1</p> <p>HAPPY NEW 2019 YEAR</p> <p>FACILITY CLOSED</p> <p>Must have 24 HR access to use JLWF during unmanned hours</p>	<p>2</p> <p>THE BOX 0830-0930 w/ Oscar @ MFC (Free for January)</p> <p>Pregnancy PT 0630-0730 @ WFC</p> <p>Physical Therapy 1300-1400</p> <p>Yoga 1700-1800 (Blg 221)</p> <p>THE BOX 1800-1900 @ MFC</p>	<p>3</p> <p>THE BOX 0830-0930 w/ Oscar @ MFC (Free for January)</p> <p>BODY PUMP 0930-1030 w/ Carrie</p> <p>Physical Therapy Class 0745-0845</p> <p>THE BOX 1800-1900 @ MFC</p>	<p>4</p>	<p>5</p> <p>Purchase Adult Group Exercise Tickets and SAVE!</p>  <p>8 Tickets - \$20 10 Tickets - \$25 20 Tickets - \$45</p> <p>1 Ticket = 1 Hour class or 1 Ticket = 2 x 30 Minutes classes</p> <p>Stop by your local Fitness Center Today!</p>
<p>6</p>	<p>7</p> <p>THE BOX 0830-0930 w/ Oscar @ MFC (Free for January)</p> <p>LUNCH TIME SPIN w/ Aaron 1145-1245</p> <p>Physical Therapy 1300-1400</p> <p>THE BOX 1800-1900 @ MFC</p>	<p>8</p> <p>THE BOX 0830-0930 w/ Oscar @ MFC (Free for January)</p> <p>BODY PUMP 0930-1030 w/ Carrie</p> <p>Physical Therapy 0745-0845</p> <p>THE BOX 1800-1900 @ MFC</p>	<p>9</p> <p>THE BOX 0830-0930 w/ Oscar @ MFC (Free for January)</p> <p>Pregnancy PT 0630-0730 @ WFC</p> <p>Physical Therapy 1300-1400</p> <p>Yoga 1700-1800 (Blg 221)</p> <p>THE BOX 1800-1900 @ MFC</p>	<p>10</p> <p>THE BOX 0830-0930 w/ Oscar @ MFC (Free for January)</p> <p>BODY PUMP 0930-1030 w/ Carrie</p> <p>Physical Therapy Class 0745-0845</p> <p>THE BOX 1800-1900 @ MFC</p>	<p>11</p>	<p>12</p>  <p>Sat, 12 Jan 0730 - 1330</p> <p>Come out and start the New Year right!</p> <p>Our Fitness, Medical and Wellness staff will showcase Programs and Services we have to offer at Tower & Rose Barracks</p> <p>Classes and services will be offered on this day for FREE!</p>
<p>13</p>	<p>14</p> <p>THE BOX 0830-0930 w/ Oscar @ MFC (Free for January)</p> <p>LUNCH TIME SPIN w/ Aaron 1145-1245</p> <p>Physical Therapy 1300-1400</p> <p>THE BOX 1800-1900 @ MFC</p>	<p>15</p> <p>THE BOX 0830-0930 w/ Oscar @ MFC (Free for January)</p> <p>BODY PUMP 0930-1030 w/ Carrie</p> <p>Physical Therapy 0745-0845</p> <p>THE BOX 1800-1900 @ MFC</p>	<p>16</p> <p>THE BOX 0830-0930 w/ Oscar @ MFC (Free for January)</p> <p>Pregnancy PT 0630-0730 @ WFC</p> <p>Physical Therapy 1300-1400</p> <p>Yoga 1700-1800 (Blg 221)</p> <p>THE BOX 1800-1900 @ MFC</p>	<p>17</p> <p>THE BOX 0830-0930 w/ Oscar @ MFC (Free for January)</p> <p>BODY PUMP 0930-1030 w/ Carrie</p> <p>Physical Therapy Class 0745-0845</p> <p>THE BOX 1800-1900 @ MFC</p>	<p>18</p> <p><i>Training Holiday</i></p> <p>WILLIAMS GYM Hours of Operation: 0800-2100</p> <p>MEMORIAL GYM Hours of Operation: 0900-1700</p> <p>Must have 24 HR access to use JLWF during unmanned hours</p>	<p>19</p>
<p>20</p>	<p>21</p> <p><i>US Holiday Birthday of Martin Luther King, Jr. Observed</i></p> <p>NO FITNESS CLASSES</p> <p>JLWFC CLOSED</p> <p>MEMORIAL GYM Hours of Operation: 0900-1700</p> <p>Must have 24 HR access to use JLWF during unmanned hours</p>	<p>22</p> <p>THE BOX 0830-0930 w/ Oscar @ MFC (Free for January)</p> <p>Physical Therapy 0745-0845</p> <p>THE BOX 1800-1900 @ MFC</p>	<p>23</p> <p>THE BOX 0830-0930 w/ Oscar @ MFC (Free for January)</p> <p>Pregnancy PT 0630-0730 @ WFC</p> <p>Physical Therapy 1300-1400</p> <p>Yoga 1700-1800 (Blg 221)</p> <p>THE BOX 1800-1900 @ MFC</p>	<p>24</p> <p>THE BOX 0830-0930 w/ Oscar @ MFC (Free for January)</p> <p>Physical Therapy Class 0745-0845</p> <p>THE BOX 1800-1900 @ MFC</p>	<p>25</p>	<p>26</p>
<p>27</p>	<p>28</p> <p>THE BOX 0830-0930 w/ Oscar @ MFC (Free for January)</p> <p>LUNCH TIME SPIN w/ Aaron 1145-1245</p> <p>Physical Therapy 1300-1400</p> <p>THE BOX 1800-1900 @ MFC</p>	<p>29</p> <p>THE BOX 0830-0930 w/ Oscar @ MFC (Free for January)</p> <p>Physical Therapy 0745-0845</p> <p>THE BOX 1800-1900 @ MFC</p>	<p>30</p> <p>THE BOX 0830-0930 w/ Oscar @ MFC (Free for January)</p> <p>Pregnancy PT 0630-0730 @ WFC</p> <p>Physical Therapy 1300-1400</p> <p>Yoga 1700-1800 (Blg 221)</p> <p>THE BOX 1800-1900 @ MFC</p>	<p>31</p> <p>THE BOX 0830-0930 w/ Oscar @ MFC (Free for January)</p> <p>Physical Therapy Class 0745-0845</p> <p>THE BOX 1800-1900 @ MFC</p>	<p>FITNESS STARTS HERE!</p>  <p>NOW 24 HR FACILITY</p> <p>Mandatory orientations are held Monday-Friday at 1200 & 1800. Preregistration is required. Must have 24 HR access for weekend access.</p> <div></div>	