

Updated: 21 December 2018

## JANUARY 2019 Rose Barracks Fitness Center



## Fitness Calendar

MINESS		ГΙ	ness Caler	endar		SPORT	
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
Massage Program Sports and Recreation	Personal Fitness Trainer	HAPPYNEW 2010	THE BOX 0830-0930 w/ Oscar @ MFC (Free for January)	THE BOX 0830-0930 w/ Oscar @ MFC (Free for January)	4	Furchase Adult Group Exercise Tickets and SAVE!	
Discover Therapeutic	Are you looking for	YEAR	Pregnancy PT 0630-0730 @ WFC	BODY PUMP 0930-1030 w/ Carrie			
Massage for Greater Health! DSN: 475-2998 or, CIV: 09662-83-2998,	a work out that will be challenging and provide the results you are looking for?	FACILITY CLOSED	Physical Therapy 1300-1400	Physical Therapy Class 0745-0845		8 Tickets - \$20 10 Tickets - \$25 20 Tickets - \$45	
Jesse L. Williams Fitness Center.	For more information	Must have 24 HR access to use JLWF during	<b>Yoga</b> 1700-1800 (Blg 221)	<b>THE BOX</b> 1800-1900 @ MFC		1 Ticket = 1 Hour class or 1 Ticket =	
	call, DSN: 475-2998 or, COM: 09662-83-2998	unmanned hours	<b>THE BOX</b> 1800-1900 @ MFC			2 x 30 Minutes classes Stop by your local Fitness Center Today!	
6	7	8	9	10	11	12	
	THE BOX 0830-0930 w/ Oscar @ MFC (Free for January)	THE BOX 0830-0930 w/ Oscar @ MFC (Free for January)	THE BOX 0830-0930 w/ Oscar @ MFC (Free for January)	THE BOX 0830-0930 w/ Oscar @ MFC (Free for January)		SUIEVE IN YOURGE	
	LUNCH TIME SPIN w/ Aaron 1145-1245	BODY PUMP 0930-1030 w/ Carrie	Pregnancy PT 0630-0730 @ WFC	BODY PUMP 0930-1030 w/ Carrie		USAG BAVARIA  Sat, 12 Jan	
	Physical Therapy 1300- 1400	Physical Therapy 0745-0845	Physical Therapy 1300-1400	Physical Therapy Class 0745-0845		0730 - 1330 Come out and start the	
	THE BOX 1800-1900 @ MFC	<b>THE BOX</b> 1800-1900 @ MFC	<b>Yoga</b> 1700-1800 (Blg 221)	<b>THE BOX</b> 1800-1900 @ MFC		New Year right! Our Fitness, Medical and	
	1800-1900 @ WII C		<b>THE BOX</b> 1800-1900 @ MFC			Wellness staff will showcase Programs and Services we have to offer at Tower & Rose Barracks  Classes and services will be offered on this day for FREE!	
13	14	15	16	17	18 Training Holiday	19	
	THE BOX 0830-0930 w/ Oscar @ MFC (Free for January)	THE BOX 0830-0930 w/ Oscar @ MFC (Free for January)	THE BOX 0830-0930 w/ Oscar @ MFC (Free for January)	THE BOX 0830-0930 w/ Oscar @ MFC (Free for January)	WILLIAMS GYM Hours of Operation: 0800-2100		
	LUNCH TIME SPIN w/ Aaron 1145-1245	BODY PUMP 0930-1030 w/ Carrie	Pregnancy PT 0630-0730 @ WFC	BODY PUMP 0930-1030 w/ Carrie			
	Physical Therapy 1300- 1400	Physical Therapy 0745-0845	Physical Therapy 1300-1400	Physical Therapy Class 0745-0845	MEMORIAL GYM Hours of Operation: 0900-1700		
	<b>THE BOX</b> 1800-1900 @ MFC	<b>THE BOX</b> 1800-1900 @ MFC	Yoga 1700-1800 (Blg 221)	<b>THE BOX</b> 1800-1900 @ MFC	Must have 24 HR access		
			THE BOX 1800-1900 @ MFC		to use JLWF during unmanned hours		
20	21 US Holiday Birthday of		23	24	25	26	
	Martin Luther King, Jr. Observed NO FITNESS	THE DOW	THE BOX 0830-0930 w/ Oscar @ MFC (Free for January)	THE BOX 0830-0930 w/ Oscar @ MFC (Free for January)			
	CLASSES  JLWFC CLOSED	Physical Therapy 0745-0845	Pregnancy PT 0630-0730 @ WFC	Physical Therapy Class 0745-0845			
	MEMORIAL GYM Hours of Operation:	<b>THE BOX</b> 1800-1900 @ MFC	Physical Therapy 1300-1400	THE BOX 1800-1900 @ MFC			
	0900-1700		Yoga 1700-1800 (Blg 221)				
	Must have 24 HR access to use JLWF during unmanned hours		<b>THE BOX</b> 1800-1900 @ MFC				
	28	29	30	31	FITNESS ST	ARTS HERE!	
	THE BOX 0830-0930 w/ Oscar @	<b>THE BOX</b> 0830-0930 w/ Oscar @	THE BOX 0830-0930 w/ Oscar @	THE BOX 0830-0930 w/ Oscar @			
	MFC (Free for January)  LUNCH TIME SPIN	MFC (Free for January)  Physical Therapy	MFC (Free for January)  Pregnancy PT	MFC (Free for January)  Physical Therapy Class		7 🐆 🗇	
	w/ Aaron 1145-1245 Physical Therapy 1300-	0745-0845 <b>THE BOX</b>	0630-0730 @ WFC Physical Therapy	0745-0845 THE BOX	NOW 24 HR FACILITY  Mandatory orientations are held		
	1400 THE BOX	1800-1900 @ MFC	1300-1400 Yoga	1800-1900 @ MFC	Monday-Friday Preregistration is re	y at 1200 & 1800. required. Must have 24	
	1800-1900 @ MFC		1700-1800 (Blg 221)		HR access for weel		
			THE BOX 1800-1900 @ MFC			S. ARMY BAVARIA HEALTH	