



JANUARY 2019

Tower Barracks Fitness Center

Fitness Calendar



Sun	Mon	Tue	Wed	Thu	Fri	Sat
 Discover Therapeutic Massage for Greater Health! For more information call, DSN: 475-9007, or CIV: 09641-83-9007	Personal Fitness Trainer  <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: 475-9007 or, COM: 09641-83-9007	1  Facility Closed	2 THE BOX 0830 w/Anna (Field House) INDOOR CYCLING (Free) 0930 w/Lauren (Trainee) THE BOX 1830 w/Anna & Bobby (Field House)	3 PT INDOOR CYCLING (Free) 0645w/Robert (Trainee) THE BOX 0830 w/Anna (Field House) YOGA & Meditation 0900 - 1015 w/ Kathy LES MILLS BODY PUMP 1730 w/ Jay LATIN DANCE 1830 w/Christina INDOOR CYCLING 1830 w/Sally SPIRIT AIKIDO 1830 w/Kevin	4 THE BOX 0830 w/Anna (Field House) INDOOR CYCLING (Free) 0930 w/Lauren (Trainee) YOGA 0900 w/Mariela	5 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!
6 INDOOR CYCLING 1030 w/Sally	7 THE BOX 0830 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)	8 PT INDOOR CYCLING (Free) 0645 w/Robert (Trainee) THE BOX 0830 w/Anna (Field House) YOGA 0900 w/ Sabre INDOOR CYCLING (Free) 11:45 w/Robert (Trainee) YOGA 1730 w/Kiley (Cycling Room) LES MILLS BODY PUMP 1730 w/ Jay LATIN DANCE 1830 w/Christina THE BOX 1830 w/Anna & Bobby (Field House) SPIRIT AIKIDO 1830 w/Kevin PT INDOOR CYCLING (Free) 1845 w/Robert (Trainee)	9 THE BOX 0830 w/Anna (Field House) INDOOR CYCLING (Free) 0930 w/Lauren (Trainee) LES MILLS BODY PUMP 1000 w/ Rachel RIDE REAL 1545 w/Heide ZUMBA 1715 w/Edgar (Cycling Room) POWER YOGA 1715 w/Kristen THE BOX 1830 w/Anna & Bobby (Field House)	10 PT INDOOR CYCLING (Free) 0645w/Robert (Trainee) THE BOX 0830 w/Anna (Field House) YOGA & Meditation 0900 - 1015 w/ Kathy ZUMBA 1715 w/Edgar (Cycling Room) LES MILLS BODY PUMP 1730 w/ Jay LATIN DANCE 1830 w/Christina INDOOR CYCLING 1830 w/Sally SPIRIT AIKIDO 1830 w/Kevin	11 THE BOX 0830 w/Anna (Field House) INDOOR CYCLING (Free) 0930 w/Lauren Trainee Class for beginners YOGA 0900 w/Mariela LES MILLS BODY PUMP 1015 w/ Rachel	 0730 - 1330 Come out and start the New Year right! Our Fitness, Medical and 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! Prizes, Prizes, Prizes!
13 INDOOR CYCLING 1030 w/Sally	14 THE BOX 0830 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)	15 PT INDOOR CYCLING (Free) 0645 w/Robert (Trainee) THE BOX 0830 w/Anna (Field House) YOGA 0900 w/ Sabre INDOOR CYCLING (Free) 11:45 w/Robert (Trainee) YOGA 1730 w/Kiley (Cycling Room) LES MILLS BODY PUMP 1730 w/ Jay LATIN DANCE 1830 w/Christina THE BOX 1830 w/Anna & Bobby (Field House) SPIRIT AIKIDO 1830 w/Kevin PT INDOOR CYCLING (Free) 1845 w/Robert (Trainee)	16 THE BOX 0830 w/Anna (Field House) INDOOR CYCLING (Free) 0930 w/Lauren LES MILLS BODY PUMP 1000 w/ Rachel RIDE REAL 1545 w/Heide ZUMBA 1715 w/Edgar (Cycling Room) POWER YOGA 1715 w/Kristen THE BOX 1830 w/Anna & Bobby (Field House)	17 PT INDOOR CYCLING (Free) 0645w/Robert (Trainee) THE BOX 0830 w/Anna (Field House) YOGA & Meditation 0900-1015 w/ Kathy ZUMBA 1715 w/Edgar (Cycling Room) LES MILLS BODY PUMP 1730 w/ Jay LATIN DANCE 1830 w/Christina INDOOR CYCLING 1830 w/Sally SPIRIT AIKIDO 1830 w/Kevin	18 <i>Training Holiday</i> THE BOX 9:00am w/Anna (Field House) INDOOR CYCLING (Free) 0930 w/Lauren (Trainee) LES MILLS BODY PUMP 1015 w/ Rachel	19 No Classes
20 No Classes	21 <i>US Holiday</i> Birthday of Martin Luther King, Jr. Observed THE BOX 0900 w/Anna (Field House) LES MILLS BODY PUMP 1015 w/ Rachel	22 PT INDOOR CYCLING (Free) 0645 w/Robert (Trainee) THE BOX 0830 w/Anna (Field House) YOGA 0900 w/ Sabre INDOOR CYCLING (Free) 11:45 w/Robert (Trainee) YOGA 1730 w/Kiley (Cycling Room) LES MILLS BODY PUMP 1730 w/ Jay LATIN DANCE 1830 w/Christina THE BOX 1830 w/Anna & Bobby (Field House) SPIRIT AIKIDO 1830 w/Kevin PT INDOOR CYCLING (Free) 1845 w/Robert (Trainee)	23 THE BOX 0830 w/Anna (Field House) INDOOR CYCLING (Free) 0930 w/Lauren (Trainee) LES MILLS BODY PUMP 1000 w/ Rachel RIDE REAL 1545 w/Heide ZUMBA 1715 w/Edgar (Cycling Room) POWER YOGA 1715 w/Kristen THE BOX 1830 w/Anna & Bobby (Field House)	24 PT INDOOR CYCLING (Free) 0645w/Robert (Trainee) THE BOX 0830 w/Anna (Field House) YOGA & Meditation 0900 - 1015 w/ Kathy ZUMBA 1715 w/Edgar (Cycling Room) LES MILLS BODY PUMP 1730 w/ Jay LATIN DANCE 1830 w/Christina INDOOR CYCLING 1830 w/Sally SPIRIT AIKIDO 1830 w/Kevin	25 THE BOX 0830 w/Anna (Field House) YOGA 0900 w/Mariela	26 No Classes
27 INDOOR CYCLING 1030 w/Sally	28 THE BOX 0830 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)	29 PT INDOOR CYCLING (Free) 0645 w/Robert (Trainee) THE BOX 0830 w/Anna (Field House) YOGA 0900 w/ Sabre INDOOR CYCLING (Free) 11:45 w/Robert (Trainee) LES MILLS BODY PUMP 1730 w/ Jay LATIN DANCE 1830 w/Christina THE BOX 1830 w/Anna & Bobby (Field House) SPIRIT AIKIDO 1830 w/Kevin PT INDOOR CYCLING (Free) 1845 w/Robert (Trainee)	30 THE BOX 0830 w/Anna (Field House) INDOOR CYCLING (Free) 0930 w/Lauren (Trainee) LES MILLS BODY PUMP 1000 w/ Rachel RIDE REAL 1545 w/Heide ZUMBA 1715 w/Edgar (Cycling Room) POWER YOGA 1715 w/Kristen THE BOX 1830 w/Anna & Bobby (Field House)	31 PT INDOOR CYCLING (Free) 0645w/Robert (Trainee) THE BOX 0830 w/Anna (Field House) YOGA & Meditation 0900 - 1015 w/ Kathy ZUMBA 1715 w/Edgar (Cycling Room) LES MILLS BODY PUMP 1730 w/ Jay LATIN DANCE 1830 w/Christina INDOOR CYCLING 1830 w/Sally SPIRIT AIKIDO 1830 w/Kevin	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 	