

# USAG BAVARIA SPORTS AND RECREATION

## JANUARY

**BOXING TEAM REGISTRATION**  
January 2-31  
Tower Barracks & Rose Barracks

**FITNESS DAY**  
January 12  
Tower Barracks

**VOLLEYBALL OFFICIALS  
CLINIC & TOURNAMENT**  
January 22-26  
Tower Barracks



## FEBRUARY

**VOLLEYBALL LEAGUE  
REGISTRATION**  
February 1-28  
Tower Barracks & Rose Barracks

**FITNESS/WELLNESS  
CHALLENGE**  
February 4 - March 29  
Tower Barracks

**BASKETBALL CHAMPIONSHIP**  
February 25-28  
Rose Barracks

## MARCH

**VOLLEYBALL OFFICIALS/  
COACHES CLINIC**  
March 4-7  
Tower Barracks

**VOLLEYBALL INTRAMURAL  
LEAGUE**  
March 11 - April 25  
Tower Barracks & Rose Barracks

**BASKETBALL CHAMPIONSHIP**  
March 15-17  
Wiesbaden

**BOXING CHAMPIONSHIP**  
March 16  
Rose Barracks

**VARSITY BASKETBALL  
CHAMPIONSHIP**  
March 29-31  
Wiesbaden



## APRIL

**SOFTBALL LEAGUE  
REGISTRATION**  
April 1-30  
Tower Barracks & Rose Barracks

**RUGGED TERRAIN OBSTACLE  
RUN VII**  
April 6  
Tower Barracks

**VOLLEYBALL CHAMPIONSHIP**  
April 15-18  
Tower Barracks

**SHARP BUDDY RUN**  
April 18  
Rose Barracks

**SOFTBALL OFFICIALS CLINIC  
& TOURNAMENT**  
April 23-27  
Wiesbaden

## MAY

**VOLLEYBALL CHAMPIONSHIP**  
May 3-5  
Tower Barracks

**FUNCTIONAL FITNESS  
CHALLENGE**  
May 11  
Tower Barracks

**SOFTBALL OFFICIALS/COACHES  
CLINIC**  
May 13-16  
Rose Barracks

**VARSITY VOLLEYBALL  
CHAMPIONSHIP**  
May 17-19  
Tower Barracks

**SOFTBALL INTRAMURAL  
LEAGUE**  
May 20 - July 25  
Tower Barracks & Rose Barracks

**RUN TO HONOR**  
May 23  
Tower Barracks & Rose Barracks



## JUNE

**SOCCER OFFICIALS CLINIC &  
TOURNAMENT**  
June 4-8  
Stuttgart

**SOCCER LEAGUE REGISTRATION**  
June 1-30  
Tower Barracks & Rose Barracks

**10 MILER (ARMY-EUROPE  
QUALIFICATION RUN)**  
June 22  
Tower Barracks

**SOCCER OFFICIALS/COACHES  
CLINIC**  
June 24-27  
Tower Barracks

## JULY

**FLAG FOOTBALL LEAGUE  
REGISTRATION**  
July 1-31  
Tower Barracks & Rose Barracks

**SOCCER INTRAMURAL LEAGUE**  
July 1 - September 5  
Tower Barracks & Rose Barracks

**FLAG FOOTBALL OFFICIALS  
CLINIC & TOURNAMENT**  
July 16-20  
Wiesbaden

**SOFTBALL CHAMPIONSHIP**  
July 22-25  
Tower Barracks

**FLAG FOOTBALL OFFICIALS/  
COACHES CLINIC**  
July 29 - August 1  
Rose Barracks



## AUGUST

**FLAG FOOTBALL INTRAMURAL  
LEAGUE**  
August 5 - October 10  
Tower Barracks & Rose Barracks

**SOFTBALL CHAMPIONSHIP**  
August 9-11  
Kaiserslautern

**VARSITY SOFTBALL  
CHAMPIONSHIP**  
August 16-18  
Tower Barracks

**FUNCTIONAL FITNESS  
CHALLENGE**  
August 24  
Rose Barracks

## SEPTEMBER

**SOCCER CHAMPIONSHIP**  
September 9-12  
Tower Barracks

**FITNESS DAY**  
September 14  
Tower Barracks

**SOCCER CHAMPIONSHIP**  
September 20-22  
Stuttgart



## OCTOBER

**BASKETBALL LEAGUE  
REGISTRATION**  
October 1-31  
Tower Barracks & Rose Barracks

**VARSITY SOCCER  
CHAMPIONSHIP**  
October 4-6  
Wiesbaden

**BASKETBALL OFFICIALS CLINIC  
& TOURNAMENT**  
October 8-12  
TBA

**BASKETBALL OFFICIALS/  
COACHES CLINIC**  
October 8-31  
Rose Barracks

**FLAG FOOTBALL CHAMPIONSHIP**  
October 15-18  
Rose Barracks

**FLAG FOOTBALL CHAMPIONSHIP**  
October 25-27  
Tower Barracks

## NOVEMBER

**BASKETBALL INTRAMURAL  
LEAGUE**  
November 4 - February 13, 2020  
Tower Barracks & Rose Barracks

**TURKEY TROT**  
November 23  
Rose Barracks



## DECEMBER

**POWERLIFTING CHAMPIONSHIP**  
December 7  
Rose Barracks

**RACQUETBALL TOURNAMENT**  
December 14  
Tower Barracks



## PHYSICAL FITNESS CENTER

B170 Gettysburg Avenue, Tower Barracks

Front Desk ..... DSN 475-9007 or CIV 09641-83-9007  
Manager ..... DSN 475-9024, CIV 09641-83-9024  
Sports Programmer ..... DSN 475-9014, CIV 09641-83-9014  
Monday-Friday ..... 5:30 a.m. - 9 p.m.  
Saturday, Sunday & U.S. Holidays ..... 9 a.m. - 5 p.m.  
Training Holidays ..... 8 a.m. - 9 p.m.

Gymnasium featuring: 2 full-size basketball courts, 3-lane indoor running track, 1 large fitness room with a cardio area, selectorized and free weight area, combative room, indoor cycling room, exercise room, combatives room and a rock climbing wall, 2 saunas and locker rooms (men & women).

## FIELD HOUSE 24/7 GYM

B547 Wilbur Road, Tower Barracks

Front Desk ..... DSN 475-9554, CIV 09641-83-9554  
Manager ..... DSN 475-9024, CIV 09641-83-9024  
Operation Hours ..... 24 /7

In order to have access to this facility, customers must attend a mandatory orientation. Call for dates/times.

Featuring: 1 racquetball court, weight room, exercise/agility room and functional fitness room with men and women locker rooms.

## JESSE L. WILLIAMS FITNESS CENTER 24/7

B323 53rd Constabulary Street, Rose Barracks

Front Desk ..... DSN 476-2998, CIV 09662-83-2998  
Manager ..... DSN 476-2538, CIV 09662-83-2538  
Sports Programmer ..... DSN 476-2214, CIV 09662-83-2214  
Monday-Friday ..... 5:30 a.m. - 9 p.m.  
Saturday, Sunday & U.S. and Training Holidays ..... Closed

In order to have access to this facility after 9 p.m. weekdays and on weekends/holidays, customers must attend a mandatory orientation. Call for dates/times.

A total fitness facility with free weight area, cardio area, strength training area, exercise area, functional fitness area, 1 racquetball court, 2 saunas and 2 locker rooms (men & women).

## MEMORIAL FITNESS CENTER

B616 Old Ironsides Street, Rose Barracks

Front Desk ..... DSN 476-2270, CIV 09662-83-2270  
Manager ..... DSN 476-2538, CIV 09662-83-2538  
Monday-Friday ..... 5:30 a.m. - 1:30 p.m. and 5 - 9 p.m.  
Saturday, Sunday & U.S. and Training Holidays ..... 9 a.m. - 5 p.m.

Gymnasium featuring: 1 racquetball court, selectorized weight room, boxing room, wrestling/combative room, functional fitness room, 2 saunas and 3 locker rooms (2 men & 1 women).

## OUTDOOR FACILITIES

Tower Barracks: 2 soccer/football fields, 3 softball fields, track & field facility with a 6-lane 400 meter track, 8-lane 50/100 meter track and a 1 mile running trail.

Rose Barracks: 1 soccer/football field, 3 tennis courts, 14 outdoor basketball courts, 4 softball fields and a fitness trail.

## USAG BAVARIA SPORTS & FITNESS OPERATIONS

B170 Gettysburg Avenue, Room 7.8, Tower Barracks  
Chief, Sports & Fitness ..... DSN 475-8207, CIV 09641-83-8207

## TEAM SPORTS

Basketball  
Flag Football  
Soccer  
Softball  
Volleyball

## FITNESS CLASSES

Step Aerobics  
Yoga  
Pilates  
Zumba  
Indoor Cycling  
MixedFit  
Functional Fitness Training  
Circuit Training  
Les Mills Body Pump  
Les Mills Body Combat

## INDIVIDUAL SPORTS

Boxing  
Martial Arts  
Combatives  
Powerlifting  
Racquetball  
Tennis

## RECREATIONAL

Fun Runs  
Rock Climbing  
Dodgeball  
Functional Fitness Challenge  
Spouse Sports Leagues

## FITNESS & ASSESSMENTS

Fitness Assessments  
Individual Training Programs  
Muscle Strength Training  
Personal Fitness Trainers  
Massage Therapists  
Dietitian Services

In All Army Sports, Soldiers from Active Duty, Reserve and National Guard compete in a variety of sports at the highest levels to include Armed Forces, USA Nationals and Military World Games. We support Soldier readiness and well-being through athletic performance, military bearing and competitive spirit.

# ARMY SPORTS COMPETE WITH THE BEST



# USAG BAVARIA SPORTS & RECREATION 2019 CALENDAR OF EVENTS



U.S. ARMY  
**MWR**  
USAG BAVARIA

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