

# MARCH 2019

## Rose Barracks Fitness Centers

### Fitness Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p><b>Massage Program</b> Sports and Recreation</p> <p>Discover Therapeutic Massage For Greater Health! For more information call DSN: 476-2998 CIV: 09662-83-2998 JLWFC, Bldg. 323</p>	<p><b>Personal Fitness Trainer</b></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: 476-2998 COM: 09662-83-2998</p>	<p><b>Purchase Adult Group Exercise Tickets and SAVE!</b></p>  <p>8 Tickets - \$20 10 Tickets - \$25 20 Tickets - \$45</p> <p>Stop by your local Fitness Center Today!</p>	 <p><b>8 WEEK CHALLENGE</b> FITNESS AND WELLNESS USAG BAVARIA SPORTS &amp; FITNESS</p> <p><b>1 Feb - 27 Mar</b> "A change for the better"</p>		<p><b>1</b></p> <p><b>BODY PUMP</b> @ 0930 w/ Ina &amp; Elizabeth</p>	<p><b>2</b></p>
<p><b>3</b></p>	<p><b>4</b></p> <p><b>FUNCTIONAL FITNESS</b> 0830-0930 w/ Bobby @ MFC</p> <p><b>BODY PUMP</b> @ 0930 w/ Ina &amp; Elizabeth</p> <p>PHYSICAL THERAPY 1300-1400</p> <p><b>FUNCTIONAL FITNESS</b> 1800-1900 w/ Sal @ MFC</p>	<p><b>5</b></p> <p><b>FUNCTIONAL FITNESS</b> 0830-0930 w/ Bobby @ MFC</p> <p>PHYSICAL THERAPY 0745-0845</p> <p><b>FUNCTIONAL FITNESS</b> 1800-1900 w/ Sal @ MFC</p> <p><b>SALSA DANCE</b> W/ Christina @ 1800 (FREE until March 5)</p>	<p><b>6</b></p> <p><b>FUNCTIONAL FITNESS</b> 0830-0930 w/ Bobby @ MFC</p> <p>PREGNACY PT 0630-0730</p> <p>PHYSICAL THERAPY 1300-1400</p> <p><b>YOGA</b> 1700-1800 (Blg 221)</p> <p><b>FUNCTIONAL FITNESS</b> 1800-1900 w/ Sal @ MFC</p>	<p><b>7</b></p> <p><b>FUNCTIONAL FITNESS</b> 0830-0930 w/ Bobby @ MFC</p> <p>PREGNACY PT 0630-0730 @ WFC</p> <p>PHYSICAL THERAPY 1300-1400</p> <p><b>INDOOR CYCLING</b> w/ Novin 1600-1645</p> <p><b>FUNCTIONAL FITNESS</b> 1800-1900 w/ Sal @ MFC</p>	<p><b>8</b></p> <p><b>BODY PUMP</b> @ 0930 w/ Ina &amp; Elizabeth</p>	<p><b>9</b></p>
<p><b>10</b></p>	<p><b>11</b></p> <p><b>FUNCTIONAL FITNESS</b> 0830-0930 w/ Courtney @ MFC</p> <p><b>BODY PUMP</b> @ 0930 w/ Ina &amp; Elizabeth</p> <p>PHYSICAL THERAPY 1300-1400</p>	<p><b>12</b></p> <p><b>FUNCTIONAL FITNESS</b> 0830-0930 w/ Courtney @ MFC</p> <p>PHYSICAL THERAPY 0745-0845</p> <p><b>FUNCTIONAL FITNESS</b> 1800-1900 w/ Anna @ MFC</p> <p><b>SALSA DANCE</b> W/ Christina @ 1800</p>	<p><b>13</b></p> <p><b>FUNCTIONAL FITNESS</b> 0830-0930 w/ Courtney @ MFC</p> <p>PREGNACY PT 0630-0730</p> <p>PHYSICAL THERAPY 1300-1400</p> <p><b>YOGA</b> 1700-1800 (Bldg. 221)</p>	<p><b>14</b></p> <p><b>FUNCTIONAL FITNESS</b> 0830-0930 w/ Courtney @ MFC</p> <p>PREGNACY PT 0630-0730 @ WFC</p> <p>PHYSICAL THERAPY 1300-1400</p> <p><b>INDOOR CYCLING</b> w/ Novin 1600-1645</p> <p><b>FUNCTIONAL FITNESS</b> 1800-1900 w/ Anna @ MFC</p>	<p><b>15</b> <u>Training Holiday</u></p> <p><b>No Classes</b></p> <p><b>JWFC, B323</b> <b>Hours of Operation:</b> <b>CLOSED</b></p> <p><b>MFC, B616</b> <b>Hours of Operation:</b> <b>0900-1700</b></p> <p>Must have 24 HR access to use JLWF during unmanned hours</p>	<p><b>16</b></p> <p><b>Memorial Gym Closed</b></p> 
<p><b>17</b></p>	<p><b>18</b> <u>Training Holiday</u></p> <p><b>No Classes</b></p> <p><b>JWFC, B323</b> <b>Hours of Operation:</b> <b>CLOSED</b></p> <p><b>MFC, B616</b> <b>Hours of Operation:</b> <b>0900-1700</b></p> <p>Must have 24 HR access to use JLWF during unmanned hours</p>	<p><b>19</b></p> <p><b>FUNCTIONAL FITNESS</b> 0830-0930 w/ Courtney @ MFC</p> <p>PHYSICAL THERAPY 0745-0845</p> <p><b>FUNCTIONAL FITNESS</b> 1800-1900 w/ Anna @ MFC</p> <p><b>SALSA DANCE</b> W/ Christina @ 1800</p>	<p><b>20</b></p> <p><b>FUNCTIONAL FITNESS</b> 0830-0930 w/ Courtney @ MFC</p> <p>PREGNACY PT 0630-0730</p> <p>PHYSICAL THERAPY 1300-1400</p> <p><b>YOGA</b> 1700-1800 (Bldg. 221)</p>	<p><b>21</b></p> <p><b>FUNCTIONAL FITNESS</b> 0830-0930 w/ Courtney @ MFC</p> <p>PREGNACY PT 0630-0730 @ WFC</p> <p>PHYSICAL THERAPY 1300-1400</p> <p><b>INDOOR CYCLING</b> w/ Novin 1600-1645</p> <p><b>FUNCTIONAL FITNESS</b> 1800-1900 w/ Anna @ MFC</p>	<p><b>22</b></p> <p><b>BODY PUMP</b> @ 0930 w/ Ina &amp; Elizabeth</p>	<p><b>23</b></p>
<p><b>24</b></p>	<p><b>25</b></p> <p><b>BODY PUMP</b> @ 0930 w/ Ina &amp; Elizabeth</p> <p>PHYSICAL THERAPY 1300-1400</p>	<p><b>26</b></p> <p>PHYSICAL THERAPY 0745-0845</p> <p><b>FUNCTIONAL FITNESS</b> 1800-1900 w/ Sal @ MFC</p> <p><b>SALSA DANCE</b> W/ Christina @ 1800</p>	<p><b>27</b></p> <p>PREGNACY PT 0630-0730</p> <p>PHYSICAL THERAPY 1300-1400</p> <p><b>YOGA</b> 1700-1800 (Blg 221)</p> <p><b>FUNCTIONAL FITNESS</b> 1800-1900 w/ Sal @ MFC</p>	<p><b>28</b></p> <p>PREGNACY PT 0630-0730 @ WFC</p> <p>PHYSICAL THERAPY 1300-1400</p> <p><b>INDOOR CYCLING</b> w/ Novin 1600-1645</p> <p><b>FUNCTIONAL FITNESS</b> 1800-1900 w/ Sal @ MFC</p>	<p><b>FITNESS STARTS HERE!</b></p>  <p><b>OPERATION HOURS</b></p> <p><b>Jesse Williams Fitness Center, B323</b></p> <p><b>24/7 Access &amp; Staffed:</b></p> <p><b>MON - FRI.....0530 - 2100</b></p> <p><b>Memorial Fitness Center, B616</b></p> <p><b>MON - FRI.....0530-1330, 1700 - 2100</b></p> <p><b>SAT, SUN &amp; HOL..... 0900 - 1700</b></p> 	
<p><b>31</b></p>	<p><b>FUNCTIONAL FITNESS</b> 1800-1900 w/ Sal @ MFC</p>					