

MARCH 2019

Tower Barracks Fitness Center

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 Discover Therapeutic Massage For Greater Health! For more information call DSN: 475-9007 CIV: 09641-83-9007 TBFC, Bldg. 170	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 COM: 09641-83-9007	Purchase Adult Group Exercise Tickets and SAVE!  8 Tickets - \$20 10 Tickets - \$25 20 Tickets - \$45 Stop by your local Fitness Center Today!	 1 Feb - 27 Mar "A change for the better"		1 THE BOX Functional Fitness 0830 w/Anna (Field House) BODY PUMP 0915 w/Rachel	2 No Classes
3 INDOOR CYCLING 1030 w/Sally	4 THE BOX Functional Fitness 0830 w/Anna (Field House) YOGA 0900 w/Kathy BODY PUMP 1015 w/Rachel YOGA 1715 w/Cynthia MIXXEDFIT 1745 w/Shay (Cycling Room) THE BOX Functional Fitness 1830 w/Anna (Field House)	5 YOGA 0530 w/Sari INDOOR CYCLING 0645 w/Robert THE BOX Functional Fitness 0830 w/Anna (Field House) YOGA 0900 w/ Kris INDOOR CYCLING 1145 w/Robert BODY PUMP 1730 w/Jay LATIN DANCE 1830 w/Christina SPIRIT AIKIDO 1830 w/Kevin THE BOX Functional Fitness 1830 w/Anna (Field House)	6 THE BOX Functional Fitness 0830 w/Anna (Field House) BODY PUMP 0915 w/Rachel INDOOR CYCLING 0930 w/Lauren YOGA 1030 w/Kris RIDE REAL 1545 w/Heide ZUMBA 1715 w/Edgar (Cycling Room) INDOOR CYCLING 1830 w/Robert THE BOX Functional Fitness 1830 w/Anna (Field House)	7 INDOOR CYCLING 0645 w/Robert THE BOX Functional Fitness 0830 w/Anna (Field House) YOGA & Meditation 0900-1015 w/ Kathy BODY PUMP 1030 w/Jessica & Janet YOGA 1715 w/Kris ZUMBA 1715 w/Edgar (Cycling Room) INDOOR CYCLING 1830 w/Sally LATIN DANCE 1830 w/Christina SPIRIT AIKIDO 1830 w/Kevin	8 THE BOX Functional Fitness 0830 w/Anna (Field House) BODY PUMP 0915 w/Rachel INDOOR CYCLING 0930 w/Lauren YOGA 1715 w/Mariela	9 No Classes
10 INDOOR CYCLING 1030 w/Sally	11 THE BOX Functional Fitness 0830 w/Anna (Field House) YOGA 0900 w/Kathy BODY PUMP 1015 w/Rachel YOGA 1715 w/Cynthia THE BOX Functional Fitness 1830 w/Anna (Field House)	12 YOGA 0530 w/Sari INDOOR CYCLING 0645 w/Robert THE BOX Functional Fitness 0830 w/Anna (Field House) YOGA 0900 w/Kris INDOOR CYCLING 1145 w/Robert BODY PUMP 1730 w/Jay LATIN DANCE 1830 w/Christina SPIRIT AIKIDO 1830 w/Kevin	13 THE BOX Functional Fitness 0830 w/Anna (Field House) BODY PUMP 0915 w/Jessica & Janet INDOOR CYCLING 0930 w/Lauren YOGA 1030 w/Kris RIDE REAL 1545 w/Heide ZUMBA 1715 w/Edgar (Cycling Room) POWER YOGA 1715 w/Kristen INDOOR CYCLING 1830 w/Robert THE BOX Functional Fitness 1830 w/Anna (Field House)	14 INDOOR CYCLING 0645 w/Robert THE BOX Functional Fitness 0830 w/Anna (Field House) YOGA & Meditation 0900-1015 w/Kathy BODY PUMP 1030 w/Jessica & Janet YOGA 1715 w/Kris ZUMBA 1715 w/Edgar (Cycling Room) INDOOR CYCLING 1830 w/Sally LATIN DANCE 1830 w/Christina SPIRIT AIKIDO 1830 w/Kevin	15 <u>Training Holiday</u> THE BOX Functional Fitness 0900 w/Anna (Field House) BODY PUMP 0915 w/Jessica & Janet INDOOR CYCLING 0930 w/Lauren	16 POWER YOGA 0930 w/ Sabre 
17 No Classes	18 <u>Training Holiday</u> THE BOX Functional Fitness 0900 w/Anna (Field House) BODY PUMP 1030 w/Jessica & Janet YOGA STRONG 1830 w/ Sabre	19 INDOOR CYCLING 0645 w/Robert THE BOX Functional Fitness 0830 w/Anna (Field House) YOGA 0900 w/ Kris INDOOR CYCLING 1145 w/Robert YOGA 1650 w/Sari BODY PUMP 1730 w/Jay SPIRIT AIKIDO 1830 w/Kevin	20 THE BOX Functional Fitness 0830 w/Anna (Field House) BODY PUMP 0915 w/Rachel INDOOR CYCLING 0930 w/Lauren YOGA 1030 w/Kris RIDE REAL 1545 w/Heide ZUMBA 1715 w/Edgar (Cycling Room) POWER YOGA 1715 w/Kristen INDOOR CYCLING 1830 w/Robert THE BOX Functional Fitness 1830 w/Anna (Field House)	21 INDOOR CYCLING 0645 w/Robert THE BOX Functional Fitness 0830 w/Anna (Field House) YOGA & Meditation 0900-1015 w/Kathy BODY PUMP 1030 w/Jessica & Janet YOGA 1715 w/Kris ZUMBA 1715 w/Edgar (Cycling Room) INDOOR CYCLING 1830 w/Sally LATIN DANCE 1830 w/Christina SPIRIT AIKIDO 1830 w/Kevin	22 THE BOX Functional Fitness 0830 w/Anna (Field House) YOGA 0900 w/Mariela (Cycling Room) BODY PUMP 0915 w/Rachel	23 POWER YOGA 0930 w/ Sabre
24 INDOOR CYCLING 1030 w/Sally	25 YOGA 0900 w/Kathy BODY PUMP 1015 w/Rachel MIXXEDFIT 1745 w/Shay (Cycling Room) YOGA STRONG 1830 w/Sabre	26 INDOOR CYCLING 0645 w/Robert YOGA 0900 w/ Kris INDOOR CYCLING 1145 w/Robert YOGA 1650 w/Sari BODY PUMP 1730 w/Jay SPIRIT AIKIDO 1830 w/Kevin	27 BODY PUMP 0915 w/Rachel YOGA 1030 w/Kris ZUMBA 1715 w/Edgar (Cycling Room) INDOOR CYCLING 1830 w/Robert	28 INDOOR CYCLING 0645w/Robert YOGA & Meditation 0900 - 1015 w/ Kathy BODY PUMP 1030 w/Jessica & Janet YOGA 1715 w/Kris ZUMBA 1715 w/Edgar (Cycling Room) INDOOR CYCLING 1830 w/Sally LATIN DANCE 1830 w/Christina SPIRIT AIKIDO 1830 w/Kevin	FITNESS STARTS HERE!  OPERATION HOURS MONDAY - FRIDAY0530 - 2100 SAT, SUN & US HOL0900 - 1700 Tower Barracks Fitness Center, B170 DSN:475-9007 or CIV: 09641-839007 	
31 No Classes						