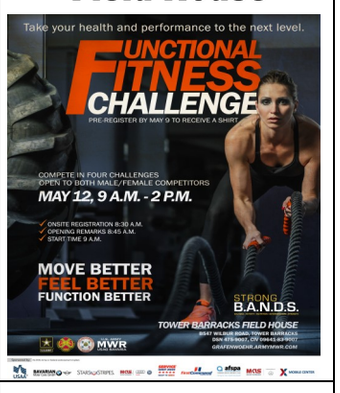
MAY 2019
Tower Barracks Fitness Center
Fitness Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Massage Program Sports and Recreation **Discover Therapeutic Massage For Greater Health!** **For more information call** **DSN: 475-9007** **CIV: 09641-83-9007** **TBFC, Bldg. 170**	**Need a running coach?** **Email:** amcchowell@gmail.com **for more information about individualized running programs or to reserve a spot for a *"Track Tuesday"* workout.**	**Personal Fitness Trainer** **Are you looking for a work out that will be challenging and provide the results you are looking for?** **For more information call** **DSN: 475-9007** **COM: 09641-83-9007**	1 **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 **YOGA** 1715 w/Kristen **ZUMBA** 1715 w/Edgar (Cycling Room) **THE BOX** **Functional Fitness** 1830 w/Anna (Field House)	2 **THE BOX** **Functional Fitness** 0830 w/Anna (Field House) **YOGA & Meditation** 0900-1015 w/ Kathy **BODY PUMP** 1030 w/Jessica **STEP EXPRESS** 1700 w/ Jay **BODY PUMP** 1730 w/ Jay **ZUMBA** 1715 w/Edgar (Cycling Room) **INDOOR CYCLING** 1830 w/Sally **LATIN DANCE** 1830 w/Christina **SPIRIT AIKIDO** 1830 w/Kevin	3 **THE BOX** **Functional Fitness** 0830 w/Anna (Field House) **BODY PUMP** 0915 w/Jessica **INDOOR CYCLING** 0930 w/Lauren **YOGA** 1100 w/Mariela	4 **POWER YOGA** 0930 w/ Kristen
5 **INDOOR CYCLING** 1030 w/Sally	6 **THE BOX** **Functional Fitness** 0830 w/Anna (Field House) **YOGA** 0900 w/Kathy **INDOOR CYCLING** 0930 w/Sally **BODY PUMP** 1015 w/Jessica **YOGA** 1715 w/Cynthia **ZUMBA STRONG** 1700 w/Edgar (Cycling Room) **MIXXEDFIT** 1745 w/Shay (Cycling Room) **THE BOX** **Functional Fitness** 1830 w/Anna (Field House) **YOGA STRONG** 1830 w/Sabre	7 **THE BOX** **Functional Fitness** 0830 w/Anna (Field House) **YOGA** 0900 w/ Kris **YOGA** 1715 w/Kris (Cycling Room) **STEP EXPRESS** 1700 w/Jay **BODY PUMP** 1730 w/Jay **TRACK TUESDAY** 1730 w/Annamarie (Track) **SPIRIT AIKIDO** 1830 w/Kevin **THE BOX** **Functional Fitness** 1830 w/Anna (Field House)	8 **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 **YOGA** 1715 w/Kristen **ZUMBA** 1715 w/Edgar (Cycling Room) **THE BOX** **Functional Fitness** 1830 w/Anna (Field House)	9 **THE BOX** **Functional Fitness** 0830 w/Anna (Field House) **YOGA & Meditation** 0900-1015 w/ Kathy **BODY PUMP** 1030 w/Jessica **BODY PUMP** 1715 w/ Jay **ZUMBA** 1715 w/Edgar (Cycling Room) **INDOOR CYCLING** 1830 w/Sally **LATIN DANCE** 1830 w/Christina **SPIRIT AIKIDO** 1830 w/Kevin	10 **THE BOX** **Functional Fitness** 0830 w/Anna (Field House) **BODY PUMP** 0915 w/Rachel **INDOOR CYCLING** 0930 w/Lauren **YOGA** 1100 w/Mariela	11 **POWER YOGA** 0930 w/ Sabre **2019 Functional Fitness Challenge!** **0900** **Field House** 
12 **INDOOR CYCLING** 1030 w/Sally	13 **THE BOX** **Functional Fitness** 0830 w/Anna (Field House) **YOGA** 0900 w/Kathy **INDOOR CYCLING** 0930 w/Sally **BODY PUMP** 1015 w/Jessica **YOGA** 1715 w/Cynthia **ZUMBA STRONG** 1700 w/Edgar (Cycling Room) **MIXXEDFIT** 1745 w/Shay (Cycling Room) **THE BOX** **Functional Fitness** 1830 w/Anna (Field House) **YOGA STRONG** 1830 w/Sabre	14 **THE BOX** **Functional Fitness** 0830 w/Anna (Field House) **YOGA** 0900 w/ Kris **YOGA** 1715 w/Kris (Cycling Room) **STEP EXPRESS** 1700 w/Jay **BODY PUMP** 1730 w/Jay **TRACK TUESDAY** 1730 w/Annamarie (Track) **SPIRIT AIKIDO** 1830 w/Kevin **THE BOX** **Functional Fitness** 1830 w/Anna (Field House)	15 **THE BOX** **Functional Fitness** 0830 w/Anna (Field House) **BODY PUMP** 0915 w/Rachel **YOGA** 1030 w/Kris **RIDE REAL** 1545 w/Heide **YOGA** 1715 w/Kristen **ZUMBA** 1715 w/Edgar (Cycling Room) **THE BOX** **Functional Fitness** 1830 w/Anna (Field House)	16 **THE BOX** **Functional Fitness** 0830 w/Anna (Field House) **YOGA & Meditation** 0900-1015 w/ Kathy **BODY PUMP** 1030 w/Jessica **BODY PUMP** 1715 w/ Jay **ZUMBA** 1715 w/Edgar (Cycling Room) **LATIN DANCE** 1830 w/Christina **SPIRIT AIKIDO** 1830 w/Kevin	17 **THE BOX** **Functional Fitness** 0830 w/Anna (Field House) **INDOOR CYCLING** 0930 w/Lauren **YOGA** 1100 w/Mariela	18 **POWER YOGA** 0930 w/ Kristen
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26 **INDOOR CYCLING** 1030 w/Sally	27 *U.S. Holiday Memorial Day* **No Classes**	28 **THE BOX** **Functional Fitness** 0830 w/Anna (Field House) **YOGA** 0900 w/ Kris **YOGA** 1715 w/Kris (Cycling Room) **STEP EXPRESS** 1700 w/Jay **BODY PUMP** 1730 w/Jay **TRACK TUESDAY** 1730 w/Annamarie (Track) **SPIRIT AIKIDO** 1830 w/Kevin **THE BOX** **Functional Fitness** 1830 w/Anna (Field House)	29 **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 **YOGA** 1715 w/Kristen **ZUMBA** 1715 w/Edgar (Cycling Room) **THE BOX** **Functional Fitness** 1830 w/Anna (Field House)	30 **THE BOX** **Functional Fitness** 0830 w/Anna (Field House) **YOGA & Meditation** 0900-1015 w/ Kathy **BODY PUMP** 1030 w/Jessica **BODY PUMP** 1715 w/ Jay **ZUMBA** 1715 w/Edgar (Cycling Room) **LATIN DANCE** 1830 w/Christina **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**	

Updated: 6 May 2019

Classes are subject to change!