









JULY 2019

Rose Barracks Fitness Centers

Fitness Calendar



Sun	Mon	Tue	Wed	Thu	Fri	Sat
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: 476-2998 COM: 09662-83-2998	1 LES MILLS RPM (cycling) w/ Robert @ 1800	2 LES MILLS RPM (cycling) w/ Robert @ 0645 SALSA DANCE W/ Christina @ 1800	3	4 <u>U.S. Holiday</u> No Classes 	5 <u>Training Holiday</u> No Classes JWFC, B323 Hours of Operation: CLOSED MFC, B616 Hours of Operation: 0900-1700 Must have 24 HR access to use JLWF during unmanned hours	6
7 Purchase Adult Group Exercise Tickets and SAVE!  8 Tickets - \$20 10 Tickets - \$25 20 Tickets - \$45 Stop by your local Fitness Center Today!	8 BODY PUMP @ 0930 w/ Elizabeth	9 SALSA DANCE W/ Christina @ 1800	10 BODY PUMP @ 0930 w/ Elizabeth	11 INDOOR CYCLING w/ Novin 1600-1645	12	13
14 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.	15 BODY PUMP @ 0930 w/ Elizabeth	16 SALSA DANCE W/ Christina @ 1800	17 BODY PUMP @ 0930 w/ Elizabeth	18 INDOOR CYCLING w/ Novin 1600-1645	19	20
21	22 BODY PUMP @ 0930 w/ Elizabeth LES MILLS RPM (cycling) w/ Robert @ 1800	23 LES MILLS RPM (cycling) w/ Robert @ 0645 SALSA DANCE W/ Christina @ 1800 .	24 BODY PUMP @ 0930 w/ Elizabeth	25 LES MILLS RPM (cycling) w/ Robert @ 0645 INDOOR CYCLING w/ Novin 1600-1645	26	27
28	29 BODY PUMP @ 0930 w/ Elizabeth LES MILLS RPM (cycling) w/ Robert @ 1800	30 LES MILLS RPM (cycling) w/ Robert @ 0645 SALSA DANCE W/ Christina @ 1800 .	31 BODY PUMP @ 0930 w/ Elizabeth	FITNESS STARTS HERE!  OPERATION HOURS Jesse Williams Fitness Center, B323 24/7 Access & Staffed: MON - FRI.....0530 - 2100 Memorial Fitness Center, B616 MON - FRI.....0530-1330, 1700 - 2100 SAT, SUN & HOL..... 0900 - 1700 		



Virtual Group Fitness Classes!

The Wellbeats system delivers virtual fitness programming that covers a variety of fitness classes anywhere from 20 to 60 minutes at all fitness levels. The system also has Fit Tests offering a benchmark for participants to measure their progress over time. WELLBEATS offers a basic test as well as two intermediate tests. Each consist of a workout accompanied with a scorecard for participants to track results. Workout plans are also available for downloads from the WELLBEATS website.

The WELLBEATS system is currently being used to offer fitness classes during PT time and used for small groups on request. The systems are located in the following USAG Bavaria Fitness Centers: Physical Fitness Center - Tower Barracks, Jesse L. Williams Fitness Center - Rose Barracks and Post Gym Fitness Center - Hohenfels.

ROSE BARRACKS:

For the Jesse L. Williams Fitness Center on Rose Barracks walk-ins are available during non-peak and non-class hours. A reservation is required for groups a minimum of 72 hours prior to requested date.

TOWER BARRACKS:

For the Physical Fitness Center on Tower Barracks walk-ins are available during non-peak and non-class hours. A reservation is required for groups a minimum of 72 hours prior to requested date. With special arrangements and availability of staff, the system can be transported for set-up at Units, conference room, multi-purpose room or dedicated fitness space.

HOHENFELS:

Walk-in use is available at the Post Gym Fitness Center in Hohenfels.

For more information visit <http://wellbeats.com>

