



JULY 2019

Tower Barracks Fitness Center

Fitness Calendar



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Wellbeats Spin Session 0630 Spin Room THE BOX Functional Fitness 0830 w/Anna (Field House) YOGA 0900 w/Katja BODY PUMP 1015 w/Rachel YOGA 1715 w/Brooke THE BOX Functional Fitness 1830 w/Anna (Field House)	2 THE BOX Functional Fitness 0830 w/Anna (Field House) YOGA 0900 w/ Katja SPIRIT AIKIDO 1830 w/Kevin	3 Wellbeats Spin Session 0630 Spin Room THE BOX Functional Fitness 0830 w/Anna (Field House) BODY PUMP 0915 w/Rachel INDOOR CYCLING 0930 w/Lauren ZUMBA 1715 w/Edgar (Cycling Room) THE BOX Functional Fitness 1830 w/Anna (Field House)	4 <u>U.S. Holiday</u> 	5 <u>Training Holiday</u> <u>No Classes</u>	6  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
7 YOGA STRONG 0930 w/ Sabre INDOOR CYCLING 1030 w/Sally	8 Wellbeats Spin Session 0630 Spin Room THE BOX Functional Fitness 0830 w/Anna (Field House) YOGA 0900 w/Katja BODY PUMP 1015 w/Rachel MIXXEDFIT 1745 w/Shay (Cycling Room) THE BOX Functional Fitness 1830 w/Anna (Field House)	9 THE BOX Functional Fitness 0830 w/Anna (Field House) YOGA 0900 w/ Katja YOGA 1715 w/Kris (Cycling Room) SPIRIT AIKIDO 1830 w/Kevin	10 Wellbeats Spin Session 0630 Spin Room THE BOX Functional Fitness 0830 w/Anna (Field House) BODY PUMP 0915 w/Rachel -TBD- INDOOR CYCLING 0930 w/Lauren YOGA 1030 w/Kris THE BOX Functional Fitness 1830 w/Anna (Field House)	11 THE BOX Functional Fitness 1830 w/Anna (Field House) YOGA & Meditation 0900-1015 w/ Katja BODY PUMP 1030 w/Jessica Wellbeats Spin Session 1715 Spin Room SPIRIT AIKIDO 1830 w/Kevin	12 Wellbeats Spin Session 0630 Spin Room THE BOX Functional Fitness 1830 w/Anna (Field House) BODY PUMP 0915 w/Rachel -TBD- INDOOR CYCLING 0930 w/Lauren Wellbeats Spin Session 1715 Spin Room	13 Purchase Adult Group Exercise Tickets and SAVE!  8 Tickets - \$20 10 Tickets - \$25 20 Tickets - \$45 Stop by your local Fitness Center Today!
14 YOGA STRONG 0930 w/ Sabre INDOOR CYCLING 1030 w/Sally	15 Wellbeats Spin Session 0630 Spin Room THE BOX Functional Fitness 1830 w/Anna (Field House) YOGA 0900 w/Katja BODY PUMP 1015 w/Rachel/Jessica YOGA 1715 w/Brooke MIXXEDFIT 1745 w/Shay (Cycling Room) THE BOX Functional Fitness 1830 w/Anna (Field House)	16 THE BOX Functional Fitness 0830 w/Anna (Field House) YOGA 0900 w/ Kris YOGA 1715 w/Kris (Cycling Room) SPIRIT AIKIDO 1830 w/Kevin	17 Wellbeats Spin Session 0630 Spin Room THE BOX Functional Fitness 0830 w/Anna (Field House) BODY PUMP 0915 w/Jessica INDOOR CYCLING 0930 w/Lauren YOGA 1715 w/Brooke THE BOX Functional Fitness 1830 w/Anna (Field House)	18 THE BOX Functional Fitness 0830 w/Anna (Field House) YOGA & Meditation 0900-1015 w/ Katja Wellbeats Spin Session 1715 Spin Room SPIRIT AIKIDO 1830 w/Kevin	19 Wellbeats Spin Session 0630 Spin Room THE BOX Functional Fitness 1830 w/Anna (Field House) BODY PUMP 0915 w/Rachel INDOOR CYCLING 0930 w/Lauren Wellbeats Spin Session 1715 Spin Room	20 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
21 YOGA STRONG 0930 w/ Sabre INDOOR CYCLING 1030 w/Sally	22 Wellbeats Spin Session 0630 Spin Room THE BOX Functional Fitness 0830 w/Anna (Field House) YOGA 0900 w/Katja YOGA 1715 w/Brooke MIXXEDFIT 1745 w/Shay (Cycling Room) THE BOX Functional Fitness 1830 w/Anna (Field House)	23 THE BOX Functional Fitness 0830 w/Anna (Field House) YOGA 0900 w/ Kris YOGA 1715 w/Kris (Cycling Room) SPIRIT AIKIDO 1830 w/Kevin	24 Wellbeats Spin Session 0630 Spin Room THE BOX Functional Fitness 0830 w/Anna (Field House) BODY PUMP 0915 w/Jessica YOGA 1030 w/Kris YOGA 1715 w/Brooke THE BOX Functional Fitness 1830 w/Anna (Field House)	25 THE BOX Functional Fitness 0830 w/Anna (Field House) Wellbeats Spin Session 0930 Spin Room Wellbeats Spin Session 1715 Spin Room SPIRIT AIKIDO 1830 w/Kevin	26 Wellbeats Spin Session 0630 Spin Room THE BOX Functional Fitness 0830 w/Anna (Field House) BODY PUMP 0915 w/Jessica Wellbeats Spin Session 1715 Spin Room	27 Need help with your ACFT or a marathon?  Email: amcchowell@gmail.com For more information on how to sign up as a group and for individualized training programs.
28 YOGA STRONG 0930 w/ Sabre INDOOR CYCLING 1030 w/Sally	29 Wellbeats Spin Session 0630 Spin Room THE BOX Functional Fitness 0830 w/Anna (Field House) YOGA 0900 w/Katja YOGA 1715 w/Brooke MIXXEDFIT 1745 w/Shay (Cycling Room) THE BOX Functional Fitness 1830 w/Anna (Field House)	30 THE BOX Functional Fitness 0830 w/Anna (Field House) YOGA 0900 w/ Kris YOGA 1715 w/Kris (Cycling Room) SPIRIT AIKIDO 1830 w/Kevin	31 Wellbeats Spin Session 0630 Spin Room THE BOX Functional Fitness 0830 w/Anna (Field House) BODY PUMP 0915 w/Jessica INDOOR CYCLING 0930 w/Lauren YOGA 1030 w/Kris YOGA 1715 w/Brooke THE BOX Functional Fitness 1830 w/Anna (Field House)		FITNESS STARTS HERE!  OPERATION HOURS MONDAY - FRIDAY0530 - 2100 SAT, SUN & US HOL0900 - 1700 TRAINING HOLIDAY0800 - 2100 Tower Barracks Fitness Center, B170 DSN:475-9007 or CIV: 09641-839007      	

Updated: 9 July 2019

Classes are subject to change!