



SEPT 2019

Tower Barracks Fitness Center

Fitness Calendar



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Purchase Adult Group Exercise Tickets and SAVE!  8 Tickets - \$20 10 Tickets - \$25 20 Tickets - \$45 Stop by your local Fitness Center Today!	2 <u>U.S. Holiday</u> No Classes	3 Wellbeats™ Spin Session 0630 Spin Room THE BOX Functional Fitness 0830 w/Anna (Field House) YOGA 0900 w/ Kris CARDIO STEP 1700 w/ Edgar YOGA 1715 w/Kris (Cycling Room) Wellbeats™ Spin Session 1830 Spin Room SPIRIT AIKIDO 1830 w/Kevin	4 Wellbeats™ Spin Session 0630 Spin Room THE BOX Functional Fitness 0830 w/Anna (Field House) BODY PUMP 0900 w/Jessica YOGA 1030 w/Katja YOGA 1730 w/Kristen ZUMBA 1715 w/Edgar (Cycling Room) THE BOX Functional Fitness 1830 w/Anna (Field House)	5 Wellbeats™ Spin Session 0630 Spin Room THE BOX Functional Fitness 0830 w/Anna (Field House) YOGA & Meditation 0900 w/Kathy Wellbeats™ Spin Session 1600 Spin Room SPIRIT AIKIDO 1830 w/Kevin	6 Wellbeats™ Spin Session 0630 Spin Room THE BOX Functional Fitness 0830 w/Anna (Field House) BODY PUMP 0900 w/Jessica YOGA 0900-1015 w/Katja (Spin Room) ZUMBA 1715 w/ Edgar Wellbeats Spin Session 1830 Spin Room	7
8 INDOOR CYCLING 1030 w/ Sally	9 Wellbeats™ Spin Session 0630 Spin Room THE BOX Functional Fitness 0830 w/Anna (Field House) YOGA 0900 w/ Kathy Wellbeats™ Spin Session 1600 Spin Room YOGA 1715 w/Cynthia MIXXEDFIT 1745 w/Shay (Spin Room) THE BOX Functional Fitness 1830 w/Anna (Field House)	10 Wellbeats™ Spin Session 0630 Spin Room THE BOX Functional Fitness 0830 w/Anna (Field House) YOGA 0900 w/ Kris CARDIO STEP 1700 w/ Edgar YOGA 1715 w/Kris (Cycling Room) Wellbeats™ Spin Session 1830 Spin Room SPIRIT AIKIDO 1830 w/Kevin	11 Wellbeats™ Spin Session 0630 Spin Room THE BOX Functional Fitness 0830 w/Anna (Field House) BODY PUMP 0900 w/Jessica YOGA 1030 w/Katja YOGA 1730 w/Kristen ZUMBA 1715 w/Edgar (Cycling Room) THE BOX Functional Fitness 1830 w/Anna (Field House)	12 Wellbeats™ Spin Session 0630 Spin Room THE BOX Functional Fitness 0830 w/Anna (Field House) YOGA & Meditation 0900 w/Kathy Wellbeats™ Spin Session 1600 Spin Room SPIRIT AIKIDO 1830 w/Kevin	13 Wellbeats™ Spin Session 0630 Spin Room THE BOX Functional Fitness 0830 w/Anna (Field House) BODY PUMP 0900 w/Jessica YOGA 0900-1015 w/Katja (Spin Room) ZUMBA 1715 w/ Edgar Wellbeats Spin Session 1830 Spin Room	14 Fitness Day!! 0800-1300 
15 INDOOR CYCLING 1030 w/ Sally	16 Wellbeats™ Spin Session 0630 Spin Room THE BOX Functional Fitness 0830 w/Anna (Field House) YOGA 0900 w/ Kathy Wellbeats™ Spin Session 1600 Spin Room YOGA 1715 w/Cynthia MIXXEDFIT 1745 w/Shay (Spin Room) THE BOX Functional Fitness 1830 w/Anna (Field House)	17 Wellbeats™ Spin Session 0630 Spin Room THE BOX Functional Fitness 0830 w/Anna (Field House) YOGA 0900 w/ Kris CARDIO STEP 1700 w/ Edgar YOGA 1715 w/Kris (Cycling Room) Wellbeats™ Spin Session 1830 Spin Room SPIRIT AIKIDO 1830 w/Kevin	18 Wellbeats™ Spin Session 0630 Spin Room THE BOX Functional Fitness 0830 w/Anna (Field House) BODY PUMP 0900 w/Jessica YOGA 1030 w/Katja YOGA 1730 w/Kristen ZUMBA 1715 w/Edgar (Cycling Room) THE BOX Functional Fitness 1830 w/Anna (Field House)	19 Wellbeats™ Spin Session 0630 Spin Room THE BOX Functional Fitness 0830 w/Anna (Field House) YOGA & Meditation 0900 w/Kathy SELF-DEFENSE 1030-1230 Wellbeats™ Spin Session 1600 Spin Room SELF-DEFENSE 1830-2030 SPIRIT AIKIDO 1830 w/Kevin	20 Wellbeats™ Spin Session 0630 Spin Room THE BOX Functional Fitness 0830 w/Anna (Field House) BODY PUMP 0900 w/Jessica SELF-DEFENSE 1030-1230 YOGA 0900-1015 w/Katja (Spin Room) ZUMBA 1715 w/ Edgar SELF-DEFENSE 1830-2030 Wellbeats™ Spin Session 1830 Spin Room	21 SELF-DEFENSE 0900-1100
22 INDOOR CYCLING 1030 w/ Sally	23 Wellbeats™ Spin Session 0630 Spin Room THE BOX Functional Fitness 0830 w/Anna (Field House) YOGA 0900 w/ Kathy Wellbeats™ Spin Session 1600 Spin Room YOGA 1715 w/Cynthia MIXXEDFIT 1745 w/Shay (Spin Room) THE BOX Functional Fitness 1830 w/Anna (Field House)	24 Wellbeats™ Spin Session 0630 Spin Room THE BOX Functional Fitness 0830 w/Anna (Field House) YOGA 0900 w/ Kris CARDIO STEP 1700 w/ Edgar YOGA 1715 w/Kris (Cycling Room) Wellbeats™ Spin Session 1830 Spin Room SPIRIT AIKIDO 1830 w/Kevin	25 Wellbeats™ Spin Session 0630 Spin Room THE BOX Functional Fitness 0830 w/Anna (Field House) BODY PUMP 0900 w/Jessica YOGA 1030 w/Katja YOGA 1730 w/Kristen ZUMBA 1715 w/Edgar (Cycling Room) THE BOX Functional Fitness 1830 w/Anna (Field House)	26 Wellbeats™ Spin Session 0630 Spin Room THE BOX Functional Fitness 0830 w/Anna (Field House) YOGA & Meditation 0900 w/Kathy Wellbeats™ Spin Session 1600 Spin Room SPIRIT AIKIDO 1830 w/Kevin	27 Wellbeats™ Spin Session 0630 Spin Room THE BOX Functional Fitness 0830 w/Anna (Field House) BODY PUMP 0900 w/Jessica YOGA 0900-1015 w/Katja (Spin Room) ZUMBA 1715 w/ Edgar Wellbeats Spin Session 1830 Spin Room	28
29 INDOOR CYCLING 1030 w/ Sally	30 Wellbeats™ Spin Session 0630 Spin Room THE BOX Functional Fitness 0830 w/Anna (Field House) YOGA 0900 w/ Kathy Wellbeats™ Spin Session 1600 Spin Room YOGA 1715 w/Cynthia MIXXEDFIT 1745 w/Shay (Spin Room) THE BOX Functional Fitness 1830 w/Anna (Field House)	 Discover Therapeutic Massage For Greater Health! For more information call DSN: 475-9007 CIV: 09641-83-9007 TBFC, Bldg. 170	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	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.	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    U.S. ARMY MWR  BAVARIA HEALTH INITIATIVE	