

FITNESS DAY

September 14, 2019 8 a.m. – 1 p.m.

Physical Fitness Center, B170, Tower Barracks

Participate in an activity/service on this day, and you'll also receive 10% discount on your next purchase at USAG Bavaria Tower Barracks and Rose Barracks Fitness Center

Massage Demos, Benefits and Information – 0800 - 1300
Free Massage Demos from our certified Massage Therapist

Wellness information – 0800 - 1300
The Wellness Center staff will provide information on services that are available at the Wellness Center.

Health Clinic information – 0800 - 1300
The RD will provide information on performance nutrition, supplement safety, and general nutrition.

Fitness & Wellness – 0800 - 1300
Bavarian Health Initiative (BHI) “Be Fit For Life” Program Registration Drive.

Fitness Classes

BODY PUMP	(Basketball Court)	0800 – 0845 Jessica
MIXXEDFIT	(Basketball Court)	0900 – 0945 Shay
YOGA	(Exercise Room)	0900 – 0950 Kris
CARDIO STEP	(Basketball Court)	0950 – 1030 Edgar
ZUMBA	(Basketball Court)	1030 – 1100 Edgar
YOGA	(Exercise Room)	1000 – 1050 Cynthia & Kristen
INDOOR CYCLING	(Cycling Room)	1000 – 1050 Robert
FUNCTIONAL FITNESS	(Basketball Court)	1110 – 1200 Anna & Bobby
YOGA	(Exercise Room)	1100 – 1150 Sabre
INDOOR CYCLING	(Cycling Room)	1100 – 1150 Heidi
SPIRIT AIKIDO	(Basketball Court)	1210 – 1300 Kevin
YOGA	(Exercise Room)	1210 – 1300 Brooke

Participants must register and participate in a class or services in order to be eligible for the door prizes and must be present to win. The drawings will take place at the conclusion of the event at approximately 13:15 hours.

Bavarian Motor Cars GmbH Grand Price – “BMW Mountain Bike, participants are not required to be present to win!

For more information contact the Tower Barracks Fitness Center, at DSN: 475-9007 or CIV: 096421-83-9007.



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