





# SEPTEMBER 2019

## Rose Barracks Fitness Centers

### Fitness Calendar



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <u>U.S. Holiday</u>  No Classes	3 LES MILLS RPM (cycling) w/ Robert @ 0645  THE BOX (functional fitness) w/ Dan @ 1830 –MFC	4 BODY PUMP @ 0930 w/ Elizabeth	5 LES MILLS RPM (cycling) w/ Robert @ 0645  INDOOR CYCLING w/ Novin 1600-1645  THE BOX (functional fitness) w/ Dan @ 1830 –MFC	6	7
8	9 BODY PUMP @ 0930 w/ Elizabeth	10 THE BOX (functional fitness) w/ Dan @ 1830 –MFC	11 BODY PUMP @ 0930 w/ Elizabeth	12 INDOOR CYCLING w/ Novin 1600-1645  THE BOX (functional fitness) w/ Dan @ 1830 –MFC	13	14  <b>FITNESS DAY</b>  <b>0800-1300</b> <b>Tower Barracks</b>
15	16 BODY PUMP @ 0930 w/ Elizabeth  LES MILLS RPM (cycling) w/ Robert @ 1800	17 LES MILLS RPM (cycling) w/ Robert @ 0645  THE BOX (functional fitness) w/ Dan @ 1830 –MFC	18 BODY PUMP @ 0930 w/ Elizabeth	19 LES MILLS RPM (cycling) w/ Robert @ 0645  INDOOR CYCLING w/ Novin 1600-1645  THE BOX (functional fitness) w/ Dan @ 1830 –MFC	20	21
22	23 BODY PUMP @ 0930 w/ Elizabeth  LES MILLS RPM (cycling) w/ Robert @ 1800	24 LES MILLS RPM (cycling) w/ Robert @ 0645  THE BOX (functional fitness) w/ Dan @ 1830 –MFC	25 BODY PUMP @ 0930 w/ Elizabeth	26 LES MILLS RPM (cycling) w/ Robert @ 0645  INDOOR CYCLING w/ Novin 1600-1645  THE BOX (functional fitness) w/ Dan @ 1830 –MFC	27 <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	28
29	30 BODY PUMP @ 0930 w/ Elizabeth  LES MILLS RPM (cycling) w/ Robert @ 1800	Need a running coach?  Email: <a href="mailto:amcchowell@gmail.com">amcchowell@gmail.com</a>  for more information about individualized running programs or to reserve a spot for a “Track Tuesday” workout.	Purchase Adult Group Exercise Tickets and SAVE!  8 Tickets - \$20 10 Tickets - \$25 20 Tickets - \$45 Stop by your local Fitness Center Today!	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	FITNESS STARTS HERE!  <b>OPERATION HOURS</b> <b>Jesse Williams Fitness Center, B323</b> 24/7 Access & Staffed: MON - FRI.....0530 - 2100  <b>Memorial Fitness Center, B616</b> 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>

