










NOVEMBER 2019

Rose Barracks, Memorial Fitness Center

Fitness Calendar



Sun	Mon	Tue	Wed	Thu	Fri	Sat
FITNESS STARTS HERE!  OPERATION HOURS Memorial Fitness Center, B616 MON - FRI.....0530-1330, 1700 - 2100 SAT, SUN & HOL..... 0900 - 1700 TRAINING HOL..... 0800 - 1700 Tel: DSN: 476-2270 or CIV: 09662-83-2270 		Purchase Adult Group Exercise Tickets and SAVE!  8 Tickets - \$20 10 Tickets - \$25 20 Tickets - \$45 Stop by your local Fitness Center Today!	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.	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 <u>Training Holiday</u> No Classes JWFC, B323 Hours of Operation: CLOSED MFC, B616 Hours of Operation: 0800-2100 Must have 24 HR access to use JLWFC during unmanned hours	2 No Classes
3 No Classes	4 BODY PUMP @ 0930 w/ Elizabeth YOGA @ 1000 w/ Alex (Bldg. 221) LES MILLS RPM (cycling) @ 1800 w/ Robert	5 LES MILLS RPM (cycling) @ 0645 w/ Robert THE BOX Functional Fitness @ 0830 w/ Anna ZUMBA @ 0900 w/ Lexine TOTAL BODY BOOTCAMP w/Lexine @ 1000	6 BODY PUMP @ 0930 w/ Elizabeth STRONG by Zumba @ 1100 w/Lexine INDOOR CYCLING @ 1600-1645 w/ Novin	7 LES MILLS RPM (cycling) @ 0645 w/ Robert THE BOX Functional Fitness @ 0830 w/ Anna TOTAL BODY BOOTCAMP w/Lexine @ 1000	8 YOGA @ 1000 w/ Alex (Bldg. 221)	9 No Classes
10 No Classes	11 <u>US Holiday</u> No Classes JWFC, B323 Hours of Operation: 0900-1700 MFC, B616 Hours of Operation: CLOSED	12 LES MILLS RPM (cycling) w/ Robert @ 0645 THE BOX Functional Fitness @ 0830 w/ Anna ZUMBA @ 0900 w/ Lexine TOTAL BODY BOOTCAMP w/Lexine @ 1000	13 BODY PUMP @ 0930 w/ Elizabeth STRONG by Zumba @ 1100 w/Lexine INDOOR CYCLING @ 1600-1645 w/ Novin	14 LES MILLS RPM (cycling) w/ Robert @ 0645 THE BOX Functional Fitness @ 0830 w/ Anna TOTAL BODY BOOTCAMP w/Lexine @ 1000	15 YOGA @ 1000 w/ Alex (Bldg. 221)	16 No Classes
17 No Classes	18 BODY PUMP @ 0930 w/ Elizabeth YOGA @ 1000 w/ Alex (Bldg. 221) LES MILLS RPM (cycling) w/ Robert @ 1800	19 LES MILLS RPM (cycling) w/ Robert @ 0645 THE BOX Functional Fitness @ 0830 w/ Anna ZUMBA @ 0900 w/ Lexine TOTAL BODY BOOTCAMP w/Lexine @ 1000	20 STRONG by Zumba @ 1100 w/Lexine INDOOR CYCLING @ 1600-1645 w/ Novin	21 LES MILLS RPM (cycling) w/ Robert @ 0645 THE BOX Functional Fitness @ 0830 w/ Anna TOTAL BODY BOOTCAMP w/Lexine @ 1000	22 YOGA @ 1000 w/ Alex (Bldg. 221)	23  TURKEY TROT 5K On site registration 0730 Runners meet 0845 Race begins 0900 Award Ceremony 1000 Little Mike Softball Field on Rose Barracks Kid &Pet Friendly!
24 No Classes	25 BODY PUMP @ 0930 w/ Elizabeth YOGA @ 1000 w/ Alex (Bldg. 221) LES MILLS RPM (cycling) w/ Robert @ 1800	26 LES MILLS RPM (cycling) w/ Robert @ 0645 THE BOX Functional Fitness @ 0830 w/ Anna ZUMBA @ 0900 w/ Lexine TOTAL BODY BOOTCAMP w/Lexine @ 1000	27 BODY PUMP @ 0930 w/ Elizabeth INDOOR CYCLING @ 1600-1645 w/ Novin	28 <u>US Holiday</u> JWFC, B323 Hours of Operation: CLOSED 24/7 Access will be closed for Annual Basic Cleaning MFC, B616 Hours of Operation: 0900-1700  Happy Thanksgiving!	29 <u>Training Holiday</u> No Classes JWFC, B323 Hours of Operation: CLOSED MFC, B616 Hours of Operation: 0800-2100 Must have 24 HR access to use JLWFC during unmanned hours	30 No Classes



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>

