



NOVEMBER 2019

Tower Barracks Fitness Center

Fitness Calendar



Sun	Mon	Tue	Wed	Thu	Fri	Sat
FITNESS STARTS HERE!  OPERATION HOURS MON-FRI 0530-2100 SAT, SUN & US HOL 0900-2100 TRAINING HOL 0800-2100 			Purchase Adult Group Exercise Tickets and  SAVE! 8 Tickets - \$20 10 Tickets - \$25 20 Tickets - \$45		1 <u>Training Holiday</u> BODY PUMP 0900 w/Jessica	2
3 INDOOR CYCLING 1030 w/Sally RIDE REAL 1345 w/Heide POWER YOGA 1430 w/Sabre	4 Wellbeats™ Spin Session 0630 Spin Room THE BOX Functional Fitness 0830 w/Anna (Field House) YOGA & Meditation 0900 w/Katja BODY PUMP 1015 w/Jessica Wellbeats™ Spin Session 1600 Spin Room YOGA 1715 w/Cynthia MIXXEDFIT 1745 w/Shay (Spin Room) THE BOX Functional Fitness 1830 w/John (Field House)	5 Wellbeats™ Spin Session 0630 Spin Room YOGA 0900 w/Kris CARDIO STEP 1630 w/Edgar (Cycling Room) YOGA 1715 w/Kris INDOOR CYCLING 1730 w/Sally 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 1030 w/Katja YOGA 1730 w/Kristen ZUMBA 1715 w/Edgar THE BOX Functional Fitness 1830 w/Anna (Field House)	7 Wellbeats™ Spin Session 0630 Spin Room YOGA & Meditation 0900 w/Kathy YOGA 1730 w/Katja SPIRIT AIKIDO 1830 w/Kevin	8 Wellbeats™ Spin Session 0630 Spin Room THE BOX Functional Fitness 0830 w/Anna (Field House) Wellbeats™ Spin Session 1830 Spin Room	9 Need help with your fitness test or a marathon?  Email: amcchowell@gmail.com For more information on how to sign up as a group and for individualized training programs.
10 INDOOR CYCLING 1030 w/Sally RIDE REAL 1345 w/Heide POWER YOGA 1430 w/Sabre	11 <u>US Holiday</u> <u>No Classes</u>	12 Wellbeats™ Spin Session 0630 Spin Room YOGA 0900 w/Kris CARDIO STEP 1630 w/Edgar (Cycling Room) YOGA 1715 w/Kris INDOOR CYCLING 1730 w/Sally 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 1030 w/Katja YOGA 1730 w/Kristen ZUMBA 1715 w/Edgar THE BOX Functional Fitness 1830 w/Anna (Field House)	14 Wellbeats™ Spin Session 0630 Spin Room YOGA & Meditation 0900 w/Kathy YOGA 1730 w/Katja SPIRIT AIKIDO 1830 w/Kevin	15 Wellbeats™ Spin Session 0630 Spin Room THE BOX Functional Fitness 0830 w/Anna (Field House) Wellbeats™ Spin Session 1830 Spin Room	16
17 INDOOR CYCLING 1030 w/Sally RIDE REAL 1345 w/Heide POWER YOGA 1430 w/Sabre	18 Wellbeats™ Spin Session 0630 Spin Room THE BOX Functional Fitness 0830 w/Anna (Field House) YOGA & Meditation 0900 w/Katja BODY PUMP 1015 w/Jessica Wellbeats™ Spin Session 1600 Spin Room YOGA 1715 w/Cynthia THE BOX Functional Fitness 1830 w/John (Field House)	19 Wellbeats™ Spin Session 0630 Spin Room YOGA 0900 w/Kris CARDIO STEP 1630 w/Edgar (Cycling Room) YOGA 1715 w/Kris INDOOR CYCLING 1730 w/Sally 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 YOGA 1030 w/Katja YOGA 1730 w/Kristen THE BOX Functional Fitness 1830 w/Anna (Field House)	21 Wellbeats™ Spin Session 0630 Spin Room YOGA & Meditation 0900 w/Kathy YOGA 1730 w/Katja SPIRIT AIKIDO 1830 w/Kevin	22 Wellbeats™ Spin Session 0630 Spin Room THE BOX Functional Fitness 0830 w/Anna (Field House) BODY PUMP 0900 w/Jessica Wellbeats™ Spin Session 1830 Spin Room	23 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 CIV: 09641-83-9007 COM: 09662-83-2998
24 INDOOR CYCLING 1030 w/Sally RIDE REAL 1345 w/Heide POWER YOGA 1430 w/Sabre	25 Wellbeats™ Spin Session 0630 Spin Room THE BOX Functional Fitness 0830 w/Lori (Field House) YOGA & Meditation 0900 w/Kathy BODY PUMP 1015 w/Jessica Wellbeats™ Spin Session 1600 Spin Room YOGA 1715 w/Cynthia MIXXEDFIT 1745 w/Shay (Spin Room) THE BOX Functional Fitness 1830 w/John (Field House)	26 Wellbeats™ Spin Session 0630 Spin Room YOGA 0900 w/Kris CARDIO STEP 1630 w/Edgar (Cycling Room) YOGA 1715 w/Kris INDOOR CYCLING 1730 w/Sally 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 1030 w/Katja YOGA 1730 w/Kristen ZUMBA 1715 w/Edgar THE BOX Functional Fitness 1830 w/Anna (Field House)	28 <u>US Holiday</u> Gratitude Yoga 0915 w/Kathy (FREE!) 	29 <u>Training Holiday</u> YOGA 0930 w/Kristen	30