






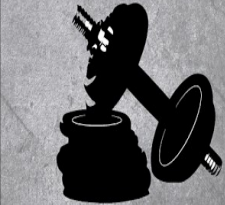




MAY 2022

Tower Barracks Fitness Center Fitness Calendar

U.S. ARMY
MWR
USAG BAVARIA

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 THE BOX Functional Fit Camp 0900 & 1000 w/FF Team (Field House)	3 ALL LEVEL YOGA 1000 w/Amanda PRENATAL YOGA 1100 w/ Amanda THE BOX Functional Fit Camp 0900 w/FF Team (Field House) 1630 & 1730 w/FF Team (Field House) HIIT 1730 w/Jessica ZUMBA 1900 w/Maddie	4 ZUMBA 0930 w/Maddie THE BOX Functional Fit Camp 0900 w/FF Team (Field House) THE BOX Functional Fit Camp 1730 w/FF Team (Field House) ALL LEVEL YOGA 1845 w/Amanda	5 THE BOX Functional Fit Camp 0900 and 1730 w/ FF Team (Field House) Prenatal Yoga 1000 w/ Amanda HIIT 1730 w/Jessica	6 YOGA 1000 w/Katja THE BOX Functional Fit Camp 0900 & 1000 w/FF Team (Field House)	7 ALL LEVEL YOGA 1030 w/ Amanda
8	9 THE BOX Functional Fit Camp 0900 w/FF Team (Field House)	10 ALL LEVEL YOGA 1000 w/Amanda PRENATAL YOGA 1100 w/ Amanda THE BOX Functional Fit Camp 0900, 1730 w/FF Team (Field House) HIIT 1730 w/Jessica ZUMBA 1900 w/Maddie	11 ZUMBA 0930 w/Maddie THE BOX Functional Fit Camp 0900 w/FF Team (Field House) THE BOX Functional Fit Camp 1730 w/FF Team (Field House) ALL LEVEL YOGA 1845 w/Amanda	12 INDOOR CYCLING 0630 w/James THE BOX Functional Fit Camp 0900 & 1730 w/FF Team (Field House) Prenatal Yoga 1000 w/Amanda HIIT 1730 w/Jessica	13 YOGA 1000 w/Katja THE BOX Functional Fit Camp 0900 w/FF Team (Field House)	14 ALL LEVEL YOGA 1030 w/ Amanda 
15	16 THE BOX Functional Fit Camp 0900 w/FF Team (Field House)	17 ALL LEVEL YOGA 1000 w/Amanda PRENATAL YOGA 1100 w/ Amanda THE BOX Functional Fit Camp 0900 and 1730 w/FF Team (Field House) HIIT 1730 w/Jessica ZUMBA 1900 w/Maddie	18 ZUMBA 0930 w/Maddie THE BOX Functional Fit Camp 0900 w/FF Team (Field House) THE BOX Functional Fit Camp 1730 w/FF Team (Field House) ALL LEVEL YOGA 1845 w/Amanda	19 INDOOR CYCLING 0630 w/James THE BOX Functional Fit Camp 0900 and 1730 w/FF Team (Field House) Prenatal Yoga 1000 w/Amanda	20 YOGA 1000 w/Katja THE BOX Functional Fit Camp 0900 w/FF Team (Field House)	21 
22	23 THE BOX Functional Fit Camp 0900 w/FF Team (Field House)	24 ALL LEVEL YOGA 1000 w/Amanda PRENATAL YOGA 1100 w/ Amanda THE BOX Functional Fit Camp 0900 and 1730 w/FF Team (Field House) HIIT 1730 w/Jessica ZUMBA 1900 w/Maddie	25 ZUMBA 0930 w/Maddie THE BOX Functional Fit Camp 0900 w/FF Team (Field House) THE BOX Functional Fit Camp 1730 w/FF Team (Field House) ALL LEVEL YOGA 1845 w/Amanda	26 INDOOR CYCLING 0630 w/James THE BOX Functional Fit Camp 0900 and 1730 w/FF Team (Field House) Prenatal Yoga 1000 w/Amanda RUN TO HONOR!	27 YOGA 1000 w/Katja TRAINING HOLIDAY!	28
29  REGISTER HERE!	30 MURPH CHALLENGE  FEDERAL HOLIDAY!	31 ALL LEVEL YOGA 1000 w/Amanda PRENATAL YOGA 1100 w/ Amanda THE BOX Functional Fit Camp 0900 and 1730 w/FF Team (Field House) HIIT 1730 w/Jessica ZUMBA 1900 w/Maddie	 Sign up and pay online!	 RUN TO HONOR! PRE-REGISTER!	FITNESS CENTER HOMEPAGE  Check us out online!	PLEASE WIPE DOWN EQUIPMENT AFTER USE  thank you!

HOURS OF OPERATION:

MON-FRI : 0500—2130

SAT, SUN & U.S. HOLIDAYS: 0900—1700

TRAINING HOLIDAYS: 0800—2100

Call us:

DSN: 526-1420 / CIVILIAN: 09641-70-526-1420

Fitness tip #662

A LACK OF EXERCISE CAN LEAD TO OBESITY! EXERCISE!!!



Better Health Initiative:



Check out this program!

Run For Your Life:



EARN PROMOTION
POINTS
AND
BRAGGING RIGHTS!

Spring is HERE!

Are you ready for summer!?

500/1000 Pound Club Reigning Champs!



PFC DEYVAUGHN MARTIN



SSG HORASHA LAI QUEE

Step up your GAME!

REPRESENT!

Personal Training



OUR PERSONAL TRAINERS
ARE READY TO HELP!



SIGN UP HERE!

