

JANUARY 2020 Rose Barracks Fitness Centers



Fitness Calendar

DAVARIA	Fitness Calendar					
Sun	Mon	Tue	Wed	Thu	Fri	Sat
FITNESS ST	ARTS HERE!	Purchase Adult Group Exercise Tickets and SAVE!	1	2 LES MILLS RPM (cycling) w/ Robert @ 0645	3	4
OPERATION HOURS Jesse Williams Fitness Center, B323 24/7 Access & Staffed: MON - FRI0530 - 2100 Memorial Fitness Center, B616 MON - FRI0530-1330, 1700 - 2100 SAT, SUN & HOL0900 - 1700		8 Tickets - \$20 10 Tickets - \$25 20 Tickets - \$45 Stop by your local	- US Holiday CLOSED -			
U.S. ARMY WWR USAG BAVARIA INITIATIVE		Fitness Center Today!				
Need help with your fitness	6 LES MILLS RPM (cycling) w/ Robert @ 1145-1230	7 LES MILLS RPM (cycling) w/ Robert @ 0645	STRONG by Zumba w/Lexine @ 1445	9 LES MILLS RPM (cycling) w/ Robert @ 0645	10	11 YOGA w/ Alex @ 1000 (bldg 221)
test or a marathon? Email: amcchowell@gmail.com		ZUMBA w/ Lexine @ 0900 TOTAL BODY BOOTCAMP w/Lexine @ 1000		TOTAL BODY BOOTCAMP w/Lexine @ 1000 INDOOR CYCLING w/ Novin		FITNESS JAN. 11 DAY TOO BIT 100 PM
For more information on how to sign up as a group and for individualized training programs.		FUNCTIONAL FITNESS w/Anna @ 0930		1200-1245		TRIA FITTIESS CLASS TO THE STATE OF THE STAT
12 Personal Fitness	13 BODY PUMP @ 0930 w/ Elizabeth	14 LES MILLS RPM (cycling) w/ Robert @ 0645	15 BODY PUMP @ 0930 w/ Elizabeth	16 LES MILLS RPM (cycling) w/ Robert @ 0645	17 Training Holiday	18 YOGA w/ Alex @ 1000 (bldg 221)
Are you looking for a work out that will be challenging and provide the results you are looking for? For more information call	YOGA w/ Alex @ 1000 (bldg 221) LES MILLS RPM (cycling) w/ Robert @ 1145-1230	ZUMBA w/ Lexine @ 0900 TOTAL BODY BOOTCAMP w/Lexine @ 1000 FUNCTIONAL FITNESS w/Anna	STRONG by Zumba w/Lexine @ 1445	TOTAL BODY BOOTCAMP w/Lexine @ 1000 INDOOR CYCLING w/ Novin 1200-1245 FUNCTIONAL	No Classes	
DSN: 476-2998 COM: 09662-83-2998		@ 0930		FITNESS w/Anna @ 0930		
19	20 <u>US Holiday</u>	21 LES MILLS RPM (cycling) w/ Robert @ 0645 ZUMBA w/ Lexine	22 BODY PUMP @ 0930 w/ Elizabeth STRONG by Zumba	23 LES MILLS RPM (cycling) w/ Robert @ 0645 TOTAL BODY	24 Training Holiday	25 YOGA w/ Alex @ 1000 (bldg 221)
	No Classes	@ 0900 TOTAL BODY BOOTCAMP w/Lexine @ 1000 FUNCTIONAL	w/Lexine @ 1445	BOOTCAMP w/Lexine @ 1000 INDOOR CYCLING w/ Novin 1200-1245	No Classes	
	140 Classes	FITNESS w/Anna @ 0930		FUNCTIONAL FITNESS w/Anna @ 0930		
26	27 BODY PUMP @ 0930 w/ Elizabeth	28 LES MILLS RPM (cycling) w/ Robert @ 0645	29 BODY PUMP @ 0930 w/ Elizabeth	30 LES MILLS RPM (cycling) w/ Robert @ 0645	8-Week Challenge!! 31 JAN - 27 MAR	
	YOGA w/ Alex @ 1000 (bldg 221) LES MILLS RPM (cycling) w/ Robert @ 1145-1230	ZUMBA w/ Lexine @ 0900 TOTAL BODY BOOTCAMP w/Lexine @ 1000 FUNCTIONAL FITNESS w/Anna @ 0930	STRONG by Zumba w/Lexine @ 1445	TOTAL BODY BOOTCAMP w/Lexine @ 1000 INDOOR CYCLING w/ Novin 1200-1245 FUNCTIONAL FITNESS w/Anna @ 0930	NEW YEAR, NEW LIFE 8 WEEK CHALLENGE LOSE FAT, BUILD MUSCLE AND YORK UP WITH OUR EART BETA FIRMES CHALLENGE LOSE FAT, BUILD MUSCLE AND YORK UP WITH OUR EART BETA FIRMES CHALLENGE JANUARY 31 - MARCH 27 REGISTER BY JANUARY 30, 2020 TOWER BARRACKS PHYSICAL FITNESS CENTER WICHOUS TWO FREE FITNESS CENTS A WICK WICHOUS TWO FREE FITNESS CENTS A WICK WICH SON FASSESSEEN AND THRESSEEN OF THE STATE OF TH	