



JANUARY 2020

Rose Barracks Fitness Centers

Fitness Calendar



Sun	Mon	Tue	Wed	Thu	Fri	Sat
FITNESS STARTS HERE!  OPERATION HOURS Jesse Williams Fitness Center, B323 24/7 Access & Staffed: MON - FRI.....0530 - 2100 Memorial Fitness Center, B616 MON - FRI.....0530-1330, 1700 - 2100 SAT, SUN & HOL..... 0900 - 1700 		Purchase Adult Group Exercise Tickets and SAVE!  8 Tickets - \$20 10 Tickets - \$25 20 Tickets - \$45 Stop by your local Fitness Center Today!	1 - US Holiday - - CLOSED -	2 LES MILLS RPM (cycling) w/ Robert @ 0645	3	4
5 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.	6 LES MILLS RPM (cycling) w/ Robert @ 1145-1230	7 LES MILLS RPM (cycling) w/ Robert @ 0645 ZUMBA w/ Lexine @ 0900 TOTAL BODY BOOTCAMP w/Lexine @ 1000 FUNCTIONAL FITNESS w/Anna @ 0930	8 STRONG by Zumba w/Lexine @ 1445	9 LES MILLS RPM (cycling) w/ Robert @ 0645 TOTAL BODY BOOTCAMP w/Lexine @ 1000 INDOOR CYCLING w/ Novin 1200-1245	10	11 YOGA w/ Alex @ 1000 (bldg 221) 
12 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	13 BODY PUMP @ 0930 w/ Elizabeth YOGA w/ Alex @ 1000 (bldg 221) LES MILLS RPM (cycling) w/ Robert @ 1145-1230	14 LES MILLS RPM (cycling) w/ Robert @ 0645 ZUMBA w/ Lexine @ 0900 TOTAL BODY BOOTCAMP w/Lexine @ 1000 FUNCTIONAL FITNESS w/Anna @ 0930	15 BODY PUMP @ 0930 w/ Elizabeth STRONG by Zumba w/Lexine @ 1445	16 LES MILLS RPM (cycling) w/ Robert @ 0645 TOTAL BODY BOOTCAMP w/Lexine @ 1000 INDOOR CYCLING w/ Novin 1200-1245 FUNCTIONAL FITNESS w/Anna @ 0930	17 Training Holiday No Classes	18 YOGA w/ Alex @ 1000 (bldg 221)
19	20 US Holiday  No Classes	21 LES MILLS RPM (cycling) w/ Robert @ 0645 ZUMBA w/ Lexine @ 0900 TOTAL BODY BOOTCAMP w/Lexine @ 1000 FUNCTIONAL FITNESS w/Anna @ 0930	22 BODY PUMP @ 0930 w/ Elizabeth STRONG by Zumba w/Lexine @ 1445	23 LES MILLS RPM (cycling) w/ Robert @ 0645 TOTAL BODY BOOTCAMP w/Lexine @ 1000 INDOOR CYCLING w/ Novin 1200-1245 FUNCTIONAL FITNESS w/Anna @ 0930	24 Training Holiday No Classes	25 YOGA w/ Alex @ 1000 (bldg 221)
26	27 BODY PUMP @ 0930 w/ Elizabeth YOGA w/ Alex @ 1000 (bldg 221) LES MILLS RPM (cycling) w/ Robert @ 1145-1230	28 LES MILLS RPM (cycling) w/ Robert @ 0645 ZUMBA w/ Lexine @ 0900 TOTAL BODY BOOTCAMP w/Lexine @ 1000 FUNCTIONAL FITNESS w/Anna @ 0930	29 BODY PUMP @ 0930 w/ Elizabeth STRONG by Zumba w/Lexine @ 1445	30 LES MILLS RPM (cycling) w/ Robert @ 0645 TOTAL BODY BOOTCAMP w/Lexine @ 1000 INDOOR CYCLING w/ Novin 1200-1245 FUNCTIONAL FITNESS w/Anna @ 0930	31 8-Week Challenge!! 31 JAN - 27 MAR 	