JANUARY 2020
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 Tower Barracks Fitness Center Bldg.170		**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 **Wellbeats™ Spin Session** 0630 Spin Room **YOGA & Meditation** 0900 w/Kathy	3 **Wellbeats™ Spin Session** 0630 Spin Room **THE BOX Functional Fitness** 0830 w/Anna (Field House) **BOXING TRAINING** 1830 w/Ivory **Wellbeats™ Spin Session** 1830 Spin Room	4 **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.**
5 **INDOOR CYCLING** 1030 w/Sally **RIDE REAL** 1345 w/Heide **POWER YOGA** 1430 w/Sabre	6 **Wellbeats™ Spin Session** 0630 Spin Room **THE BOX Functional Fitness** 0830 w/Anna (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) **BOXING TRAINING** 1830 w/Ivory **THE BOX Functional Fitness** 1830 w/Anna (Field House)	7 **Wellbeats™ Spin Session** 0630 Spin Room **YOGA** 0900 w/Kris **YOGA** 1715 w/Kris	8 **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 **BOXING TRAINING** 1830 w/Ivory **THE BOX Functional Fitness** 1830 w/Anna (Field House)	9 **Wellbeats™ Spin Session** 0630 Spin Room **YOGA & Meditation** 0900 w/Kathy **YOGA** 1730 w/Katja	10 **Wellbeats™ Spin Session** 0630 Spin Room **THE BOX Functional Fitness** 0830 w/Anna (Field House) **BODY PUMP** 0900 w/Jessica **BOXING TRAINING** 1830 w/Ivory **Wellbeats™ Spin Session** 1830 Spin Room	11 **Fitness Day!!** **0730-1330** 
12 **INDOOR CYCLING** 1030 w/Sally **RIDE REAL** 1345 w/Heide **POWER YOGA** 1430 w/Sabre	13 **Wellbeats™ Spin Session** 0630 Spin Room **THE BOX Functional Fitness** 0830 w/Anna (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) **BOXING TRAINING** 1830 w/Ivory **THE BOX Functional Fitness** 1830 w/Anna (Field House)	14 **Wellbeats™ Spin Session** 0630 Spin Room **YOGA** 0900 w/Kris **YOGA** 1715 w/Kris **RIDE REAL** 1815 w/Heide (Spin Room)	15 **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 **BOXING TRAINING** 1830 w/Ivory **THE BOX Functional Fitness** 1830 w/Anna (Field House)	16 **Wellbeats™ Spin Session** 0630 Spin Room **YOGA & Meditation** 0900 w/Kathy **RIDE REAL** 1530 w/Heide (Spin Room) **YOGA** 1730 w/Katja	17 **Training Holiday** **No Classes**	18 **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
19 **INDOOR CYCLING** 1030 w/Sally **RIDE REAL** 1345 w/Heide **POWER YOGA** 1430 w/Sabre	20 **US Holiday**  **No Classes**	21 **Wellbeats™ Spin Session** 0630 Spin Room **YOGA** 0900 w/Kris **YOGA** 1715 w/Kris **RIDE REAL** 1815 w/Heide (Spin Room)	22 **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 **BOXING TRAINING** 1830 w/Ivory **THE BOX Functional Fitness** 1830 w/Anna (Field House)	23 **Wellbeats™ Spin Session** 0630 Spin Room **YOGA & Meditation** 0900 w/Kathy **RIDE REAL** 1530 w/Heide (Spin Room) **YOGA** 1730 w/Katja	24 **Training Holiday** **No Classes**	25 
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Updated: 9 JAN 2020

****Classes subject to change!**