

FEBRUARY 2020 Rose Barracks Fitness Centers



Fitness Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		Tuc	7764	Inu	***	1
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					Purchase Adult Group Exercise Tickets and SAVE!	LINE DANCING w/ Arnett @ 1100
					41117	
					8 Tickets - \$20 10 Tickets - \$25 20 Tickets - \$45 Stop by your local	
J.S. ARMY	U.S. ARMY BAVARIA HEALTH LINITIATIVE				Fitness Center Today!	
leed help vith your	3 BODY PUMP @ 0930 w/ Elizabeth	4 LES MILLS RPM (cycling) w/ Robert @ 0645	5 BODY PUMP @ 0930 w/ Elizabeth	6 LES MILLS RPM (cycling) w/ Robert @ 0645	7 YOGA w/ Alex @ 1000 (bldg 221)	8 LINE DANCING w/ Arnett @ 1100
tness est or a narathon?	YOGA w/ Alex @ 1000 (bldg 221)	ZUMBA w/ Lexine @ 0930		TOTAL BODY BOOTCAMP w/Lexine @ 1045		
mail:	LES MILLS RPM (cycling) w/ Robert @ 1145-1230 LINE DANCING	FUNCTIONAL FITNESS @ 0930 w/ Anna		INDOOR CYCLING w/ Novin 1210-1240		
or more information n how to sign up as group and for ndividualized training rograms.	w/ Arnett @ 1745	YOGA w/ Novin @ 1600 (bldg 221)		FUNCTIONAL FITNESS @ 0930 w/ Anna		
Personal	10 BODY PUMP @ 0930 w/ Elizabeth	11 LES MILLS RPM (cycling) w/ Robert @ 0645	12 BODY PUMP @ 0930 w/ Elizabeth	13 LES MILLS RPM (cycling) w/ Robert @ 0645	14 Training Holiday	15 LINE DANCING w/ Arnett @ 1100
rainer are you looking for work out that will	YOGA w/ Alex @ 1000 (bldg 221)	ZUMBA w/ Lexine @ 0930		TOTAL BODY BOOTCAMP w/Lexine @ 1045		
e challenging and rovide the results ou are looking or?	LES MILLS RPM (cycling) w/ Robert @ 1145-1230	FUNCTIONAL FITNESS @ 0930 w/ Anna		INDOOR CYCLING w/ Novin 1210-1240	No Classes	
or more information call SN: 476-2998 OM: 09662-83-2998	LINE DANCING w/ Arnett @ 1745	YOGA w/ Novin @ 1600 (bldg 221)		FUNCTIONAL FITNESS @ 0930 w/ Anna		
16	17 <u>US Holiday</u>	18 LES MILLS RPM (cycling) w/ Robert @ 0645	19 BODY PUMP @ 0930 w/ Elizabeth	20 LES MILLS RPM (cycling) w/ Robert @ 0645	21 YOGA w/ Alex @ 1000 (bldg 221)	22 LINE DANCING w/ Arnett @ 1100
	No Classes	ZUMBA w/ Lexine @ 0930 FUNCTIONAL		TOTAL BODY BOOTCAMP w/Lexine @ 1045		
	110 Classes	FITNESS @ 0930 w/ Anna YOGA w/ Novin		INDOOR CYCLING w/ Novin 1210-1240		
		@ 1600 (bldg 221)		FUNCTIONAL FITNESS @ 0930 w/ Anna		
	24 BODY PUMP @ 0930 w/ Elizabeth	25 LES MILLS RPM (cycling) w/ Robert @ 0645	26 BODY PUMP @ 0930 w/ Elizabeth	27 LES MILLS RPM (cycling) w/ Robert	28 YOGA w/ Alex @ 1000 (bldg 221)	29 LINE DANCING w/ Arnett @ 1100
	YOGA w/ Alex @ 1000 (bldg 221)	ZUMBA w/ Lexine @ 0930	w/ Enzaueth	@ 0645 TOTAL BODY BOOTCAMP w/Lexine		
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