




FEBRUARY 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 0900-1700 TRAINING HOLIDAY 0800-2100 Tower Barracks Fitness Center Bldg. 170 DSN: 475-9007 CIV: 09641-839007 <small>Sponsored by: No DOD, Army or Federal endorsement implied.</small> 		Purchase Adult Group Exercise Tickets and SAVE!  8 Tickets - \$20 10 Tickets - \$25 20 Tickets - \$45 Stop by your local Fitness Center Today!	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	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.		1 YOGA 1000 w/Brooke
2 INDOOR CYCLING 1030 w/Sally RIDE REAL 1345 w/Heide GENTLE YOGA 1430 w/Sabre	3 THE BOX Functional Fitness 0830 (Field House) YOGA 0900 w/Britni BODY PUMP 1015 w/Jessica YOGA 1700 w/Cynthia MIXXEDFIT 1800 w/Shay (Spin Room) BOXING TRAINING 1900 w/Ivory THE BOX Functional Fitness 1830 (Field House)	4 YOGA 0900 w/Kris YOGA 1715 w/Kris	5 THE BOX Functional Fitness 0830 (Field House) BODY PUMP 0900 w/Jessica YOGA 1030 w/Katja YOGA 1730 w/Kristen BOXING TRAINING 1900 w/Ivory THE BOX Functional Fitness 1830 (Field House)	6 YOGA & Meditation 0900-1015 w/Kathy YOGA 1730 w/Katja	7 THE BOX Functional Fitness 0830 (Field House) BODY PUMP 0900 w/Jessica HATHA YOGA 1015 w/Lauren (Spin Room) RESTORATIVE YOGA 1630 w/Brooke BOXING TRAINING 1900 w/Ivory	8 YOGA 1000 w/Brooke
9 INDOOR CYCLING 1030 w/Sally GENTLE YOGA 1430 w/Sabre	10 THE BOX Functional Fitness 0830 (Field House) YOGA 0900 w/Britni BODY PUMP 1015 w/Jessica YOGA 1700 w/Cynthia MIXXEDFIT 1800 w/Shay (Spin Room) BOXING TRAINING 1900 w/Ivory THE BOX Functional Fitness 1830 (Field House)	11 YOGA 0900 w/Kris YOGA 1715 w/Kris	12 THE BOX Functional Fitness 0830 (Field House) BODY PUMP 0900 w/Jessica YOGA 1030 w/Katja YOGA 1730 w/Kristen BOXING TRAINING 1900 w/Ivory THE BOX Functional Fitness 1830 Field House)	13 YOGA & Meditation 0900-1015 w/Kathy YOGA 1730 w/Katja	14 Training Holiday No Classes	15 YOGA 1000 w/Brooke
16 INDOOR CYCLING 1030 w/Sally GENTLE YOGA 1430 w/Sabre	17 US Holiday  No Classes	18 YOGA 0900 w/Kris YOGA 1715 w/Kris RIDE REAL 1815 w/Heide (Spin Room)	19 THE BOX Functional Fitness 0830 (Field House) BODY PUMP 0900 w/Jessica YOGA 1030 w/Katja YOGA 1730 w/Kristen BOXING TRAINING 1900 w/Ivory THE BOX Functional Fitness 1830 (Field House)	20 YOGA & Meditation 0900-1015 w/Kathy RIDE REAL 1530 w/Heide (Spin Room) YOGA 1730 w/Katja	21 THE BOX Functional Fitness 0830 (Field House) BODY PUMP 0900 w/Jessica HATHA YOGA 1015 w/Lauren (Spin Room) RESTORATIVE YOGA 1630 w/Brooke BOXING TRAINING 1900 w/Ivory Wellbeats™ Spin Session 1830 Spin Room	22 YOGA 1000 w/Brooke
23 INDOOR CYCLING 1030 w/Sally RIDE REAL 1345 w/Heide GENTLE YOGA 1430 w/Sabre	24 THE BOX Functional Fitness 0830 (Field House) YOGA 0900 w/Britni BODY PUMP 1015 w/Jessica YOGA 1700 w/Cynthia MIXXEDFIT 1800 w/Shay (Spin Room) BOXING TRAINING 1900 w/Ivory THE BOX Functional Fitness 1830 (Field House)	25 YOGA 0900 w/Kris YOGA 1715 w/Kris RIDE REAL 1815 w/Heide (Spin Room)	26 THE BOX Functional Fitness 0830 (Field House) BODY PUMP 0900 w/Jessica YOGA 1030 w/Katja YOGA 1730 w/Kristen BOXING TRAINING 1900 w/Ivory THE BOX Functional Fitness 1830 (Field House)	27 YOGA & Meditation 0900-1015 w/Kathy RIDE REAL 1530 w/Heide (Spin Room) YOGA 1730 w/Katja	28 THE BOX Functional Fitness 0830 (Field House) BODY PUMP 0900 w/Jessica HATHA YOGA 1015 w/Lauren (Spin Room) RESTORATIVE YOGA 1630 w/Brooke BOXING TRAINING 1900 w/Ivory	29 YOGA 1000 w/Brooke