

# MARCH 2025

## TOWER BARRACKS FITNESS PROGRAM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						9:30am - Zumba <sup>1</sup> Strong (Anna) 10am - Functional Fitness (Field House)
10am - Zumba (Mari) <sup>2</sup>	9am - Zumba (Anna) <sup>3</sup> 5pm - All Levels Yoga (Chrissy) 6:00pm - Functional Fitness (Field House)	9am Zumba (Quintessa) <sup>4</sup> 6pm - Spin (Meghan)	10am - MixxedFit <sup>5</sup> (Somon) 6:00pm - Functional Fitness (Field House)	6:30pm - Power Yoga (Paul) <sup>6</sup>		9:30am - <sup>8</sup> Zumba (Anna) 10am - Functional Fitness (Field House)
10am - Zumba (Mari) <sup>9</sup>	9am - Zumba <sup>10</sup> (Anna) 5pm - All Levels Yoga (Chrissy) 6:00pm - Functional Fitness (Field House) 6:15pm - Zumba (Jenny)	9am Zumba (Quintessa) <sup>11</sup> 6pm - Spin (Meghan)	10am - MixxedFit <sup>12</sup> (Somon) 6:00pm - Functional Fitness (Field House) 6:15pm - Zumba (Jenny)	9am - Yoga <sup>13</sup> (Breanna) 10am - Zumba (Mari) 6:30pm - Power Yoga (Paul)	<sup>14</sup>	9:30am - Zumba <sup>15</sup> Strong (Anna) 11:30am - Pilates (Katherine) 10am - Functional Fitness (Field House)
10am - Zumba (Mari) <sup>16</sup>	9am - Zumba <sup>17</sup> (Anna) 5pm - All Levels Yoga (Chrissy) 6:00pm - Functional Fitness (Field House) 6:15pm - Zumba (Jenny)	9am Zumba (Quintessa) <sup>18</sup> 6pm - Spin (Meghan)	10am - MixxedFit <sup>19</sup> (Somon) 6:00pm - Functional Fitness (Field House) 6:15pm - Zumba (Jenny)	10am - Zumba (Mari) <sup>20</sup> 6:30pm - Power Yoga (Chrissy)	<sup>21</sup>	9:30am - Zumba <sup>22</sup> (Anna) 11:30am - Pilates (Katherine) 10am - Functional Fitness (Field House)
10am - Zumba (Mari) <sup>23</sup>	9am - Zumba <sup>24</sup> (Anna) 5pm - All Levels Yoga (Chrissy) 6:00pm - Functional Fitness (Field House) 6:15pm - Zumba (Jenny)	9am Zumba (Quintessa) <sup>25</sup> 6pm - Spin (Meghan)	10am - MixxedFit <sup>26</sup> (Somon) 6:00pm - Functional Fitness (Field House) 6:15pm - Zumba (Jenny)	<sup>27</sup>	<sup>28</sup>	<sup>29</sup> 10am - Functional Fitness (Field House)
				Training Holiday	Training Holiday	



SCAN FOR MORE INFORMATION & TICKETS VISIT:  
[GRAFENWOEHR.ARMYMWR.COM/FITNESS](http://GRAFENWOEHR.ARMYMWR.COM/FITNESS)