

JULY 2025

TOWER BARRACKS FITNESS PROGRAM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 5:00pm - MixxedFit (Somon) 6:00pm - Spin (Meghan)	2 6:00pm - Functional Fitness (FH) 6:15pm - Zumba (Jenny)	3 6:30pm - Power Yoga (Paul)	4 INDEPENDENCE DAY	5
6	7 TRAINING HOLIDAY	8 5:00pm - MixxedFit (Somon)	9 6:00pm - Functional Fitness (FH) 6:15pm - Zumba (Jenny)	10 5:15pm - Zumba (Mari) 6:30pm - Power Yoga (Paul)	11	12 9:30am - Zumba (Anna) 10:00am - Functional Fitness (FH)
13 10am - Zumba (Mari)	14 5:00pm - Yoga (Paul) 6:00pm - Functional Fitness (FH) 6:15pm - Zumba (Jenny)	15 5:00pm - MixxedFit (Somon)	16 6:00pm - Functional Fitness (FH) 6:15pm - Zumba (Jenny)	17 5:15pm - Zumba (Mari) 6:30pm - Power Yoga (Paul)	18	19 9:30am - STRONG by Zumba (Anna) 10:00am - Functional Fitness (FH)
20 10am - Zumba (Mari)	21 5:00pm - Yoga (Mariana) 6:00pm - Functional Fitness (FH) 6:15pm - Zumba (Jenny)	22 5:00pm MixxedFit (Somon) 6:00pm - Spin (Meghan)	23 6:00pm - Functional Fitness (FH) 6:15pm - Zumba (Jenny)	24 5:15pm - Zumba (Mari) 6:30pm - Power Yoga (Paul)	25	26 9:30am - Zumba (Anna) 10:00am - Functional Fitness (FH)
27 10am - Zumba (Mari)	28 5:00pm - Yoga (Mariana) 6:00pm - Functional Fitness (FH) 6:15pm - Zumba (Jenny)	29 5:00pm MixxedFit (Somon) 6:00pm - Spin (Meghan)	30 6:00pm - Functional Fitness (FH) 6:15pm - Zumba (Jenny)	31 5:15pm - Zumba (Mari) 6:30pm - Power Yoga (Paul)		(FH) = Field House



SCAN FOR MORE INFORMATION & TICKETS VISIT:
[GRAFENWOEHR.ARMYMWR.COM/FITNESS](https://Grafenwoehr.ArmyMWR.com/Fitness)