

JANUARY 2025

TOWER BARRACKS FITNESS PROGRAM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 NEW YEAR'S DAY	2	3	4 9:15am - Zumba (Anna)
5 10am - Zumba (Mari)	6 9am - Zumba (Anna) 5pm - All Levels Yoga (Chrissy) 6:15pm - Zumba (Jenny)	7 6pm - Spin (Meghan)	8 6:15pm - Zumba (Jenny)	9	10	11 FITNESS DAY 8:00am - 2:00pm
12	13 9am - Zumba (Anna) 5pm - All Levels Yoga (Chrissy) 6:15pm - Zumba (Jenny)	14 9am - Zumba (Quintessa) 6pm - Spin (Meghan)	15 10am - Mixxed Fit (Somon) 6:15pm - Zumba (Jenny)	16 9am - Yoga (Breanna) 10am - Zumba (Mari) 6:30pm - Power Yoga (Paul)	17 TRAINING HOLIDAY	18 9:15am Zumba STRONG (Anna)
19	20 Martin Luther King Day	21 9am - Zumba (Quintessa) 11:30 - Mat Pilates (Katherine) 6pm - Spin (Meghan)	22 10am - Mixxed Fit (Somon) 6:15pm - Zumba (Jenny)	23 9am - Yoga (Breanna) 10am - Zumba (Mari) 6:30pm - Power Yoga (Paul)	24 9am - Zumba Quintessa)	25 11:30am Mat Pilates (Katherine)
26 10am - Zumba (Mari)	27 9am - Zumba (Anna) 5pm - All Levels Yoga (Chrissy) 6:15pm - Zumba (Jenny)	28 9am - Zumba (Quintessa) 6pm - Spin (Meghan)	29 10am - Mixxed Fit (Somon) 6:15pm - Zumba (Jenny)	30 9am - Yoga (Breanna) 10am - Zumba (Mari) 6:30pm - Power Yoga (Paul)	31 9am - Zumba Quintessa)	



SCAN FOR MORE INFORMATION & TICKETS VISIT:
[GRAFENWOEHR.ARMYMWR.COM/FITNESS](https://grafenwoehr.armymwr.com/fitness)