

MAY 2025

TOWER BARRACKS FITNESS PROGRAM

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



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