

# JUNE 2025

## TOWER BARRACKS FITNESS PROGRAM

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



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