

APRIL 2025

TOWER BARRACKS FITNESS PROGRAM

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



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