

JUNE 2025

TOWER BARRACKS FITNESS PROGRAM

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



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