

NOVEMBER 2021

Tower Barracks Fitness Center Fitness Calendar



Sun	Mon	Tue	Wed	Thu	Fri	Sat
DOWNING MY OWN READINESS PROGRAM **BetterInBavaria* **DOWNING ON-PLANTING THE USED BASING COMMANTY **TWO PART HIGHTSON INFORMATION FOR ANY CAMPAIGN OWN TOIL OF ANY PLANTING THE USED BASING COMMANTY **SIX WEEK PROGRAM **Registery up a parties mented and being given parties and line is deligited. **SIX WEEK PROGRAM **Registery up a parties mented and being given parties and line is deligited. **SIX WEEK PROGRAM **Registery up a parties with the is week parties. **SIX WEEK PROGRAM **Registery up a parties with the is week parties. **SIX WEEK PROGRAM **CREATE HEALTHY HABITS FOR LIFE! **FOR MOST BARONMODALY ST. GRAPENVY GERELENNY GERELENNY GERELENNY COMMANDER. **PROGRAM ST. GRAPENVY GERELENNY GERE	THE BOX Functional Fit Camp 0900 w/FF Team (Field House) THE BOX Functional Fit Camp 1000 w/FF Team (Field House)	THE BOX Functional Fit Camp 0900 w/FF Team (Field House) THE BOX Functional Fit Camp 1000 w/FF Team (Field House) THE BOX Functional Fit Camp 1630 w/FF Team (Field House) THE BOX Functional Fit Camp 1730 w/FF Team (Field House)	ZUMBA 0930 w / Meredith THE BOX Functional Fit Camp 0900, and 1000 w/FF Team (Field House) THE BOX Functional Fit Camp 1730 w/FF Team (Field House) RIDE REAL 1545—1630 w/ Heide COMMUNITY YOGA 1830—1930 w/ Amanda	INDOOR CYCLING 0630 w/James THE BOX Functional Fit Camp 0900 w/FF Team (Field House) THE BOX Functional Fit Camp 1000 w/ FF Team THE BOX Functional Fit Camp 1630 w/FF Team (Field House) THE BOX Functional Fit Camp 1630 w/FF Team (Field House)	THE BOX Functional Fit Camp 0900 w/FF Team (Field House) THE BOX Functional Fit Camp 1000 w/FF Team (Field House)	Purchase Adult Group Exercise Tickets and SAVE! 8 Tickets - \$20 10 Tickets - \$25 20 Tickets - \$45 Stop by your local Fitness Center Today!
7 YOGA 1000 w/ Katja	THE BOX Functional Fit Camp 0900 w/FF Team (Field House) THE BOX Functional Fit Camp 1000 w/FF Team (Field House)	THE BOX Functional Fit Camp 0900 w/FF Team (Field House) THE BOX Functional Fit Camp 1000 w/FF Team (Field House) THE BOX Functional Fit Camp 1630 w/FF Team (Field House) THE BOX Functional Fit Camp 1730 w/FF Team (Field House)	ZUMBA 0930 w / Meredith THE BOX Functional Fit Camp 0900, and 1000 w/FF Team (Field House) THE BOX Functional Fit Camp 1730 w/FF Team (Field House) RIDE REAL 1545—1630 w/ Heide COMMUNITY YOGA 1830—1930 w/ Amanda	11 Federal Holiday Veterans Day Thomain Al Min Shrind	12 Training Holiday	Make sure you visit grafenwoehr.armymwr.com To reserve a space in the class you would like to attend
14 YOGA 1000 w/Katja	THE BOX Functional Fit Camp 0900 w/FF Team (Field House) THE BOX Functional Fit Camp 1000 w/FF Team (Field House)	THE BOX Functional Fit Camp 0900 w/FF Team (Field House) THE BOX Functional Fit Camp 1000 w/FF Team (Field House) THE BOX Functional Fit Camp 1630 w/FF Team (Field House) THE BOX Functional Fit Camp 1630 w/FF Team (Field House)	ZUMBA 0930 w/ Meredith THE BOX Functional Fit Camp 0900, and 1000 w/FF Team (Field House) THE BOX Functional Fit Camp 1730 w/FF Team (Field House) RIDE REAL 1545—1630 w/ Heide COMMUNITY YOGA 1830—1930 w/ Amanda	INDOOR CYCLING 0630 w/James THE BOX Functional Fit Camp 0900 w/FF Team (Field House) THE BOX Functional Fit Camp 1000 w/ FF Team THE BOX Functional Fit Camp 1630 w/FF Team (Field House) THE BOX Functional Fit Camp 1630 w/FF Team (Field House)	THE BOX Functional Fit Camp 0900 w/FF Team (Field House) THE BOX Functional Fit Camp 1000 w/FF Team (Field House)	REGISTRATION FOR THE TURKEY TROT BEGINS NOVEMBER 1, 2021!!! GET OUT AND JOIN THE FUN! SK FUN FUN FUN! BAYARIAN STARS STRIPES AND STRIPES AND STARS STRIPES AND
PLEASE WIPE DOWN EQUIPMENT AFTER USE	THE BOX Functional Fit Camp 0900 w/FF Team (Field House) THE BOX Functional Fit Camp 1000 w/FF Team (Field House)	THE BOX Functional Fit Camp 0900 w/FF Team (Field House) THE BOX Functional Fit Camp 1000 w/FF Team (Field House) THE BOX Functional Fit Camp 1630 w/FF Team (Field House) THE BOX Functional Fit Camp 1630 w/FF Team (Field House)	ZUMBA 0930 w/ Meredith THE BOX Functional Fit Camp 0900, and 1000 w/FF Team (Field House) THE BOX Functional Fit Camp 1730 w/FF Team (Field House) RIDE REAL 1545—1630 w/ Heide COMMUNITY YOGA 1830—1930 w/ Amanda	25 Federal Holiday Slabby Squing Sharks Giving	26Training Holiday REGISTRATION FOR THE JINGLE BELL RUN BEGINS NOVEMBER 1, 2021!!!	SANTA CLAUS IS CHECKING HIS LIST, MAKE SURE YOU'RE ON IT!
28 VOGA	29	30 THE BOX	Fitness Starts Here!			Porconal

YOGA 1000 w/Katja

THE BOX Functional Fit Camp 0900 w/FF Team (Field House)

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THE BOX **Functional Fit Camp** 1000 w/FF Team (Field House)

THE BOX **Functional Fit Camp** 1630 w/FF Team (Field House)

THE BOX Functional Fit Camp 1730 w/FF Team (Field House)

OPERATION HOURS

MON - FRI

0530-2100

Closed 1400-1500 for cleaning

SAT, SUN & U.S. HOL 0900-1700 *Closed 1200-1300 for cleaning*

TRAINING HOL

0800-2100

Closed 1400-1500 for cleaning

Tower Barracks Fitness Center Bldg. 170 DSN: 526-1420 **CIV**: 09641-70-526-1420

Personal Fitness Trainer



Are you looking for a challenging work out to provide the results you're looking for?

For more information call: **DSN** 526-1420 COMM 09641-70-526-1420

Updated: 19 October 2021 **Classes subject to change!