


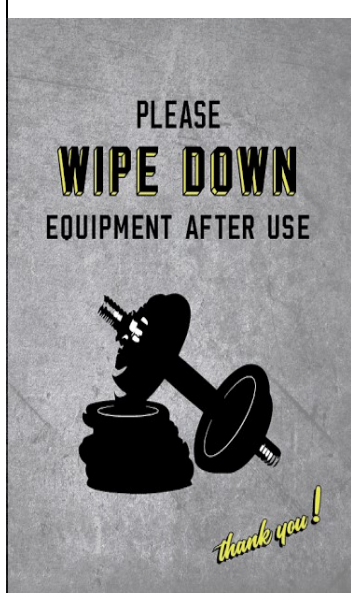





# NOVEMBER 2021

## Tower Barracks Fitness Center Fitness Calendar

U.S. ARMY  
**MWR**  
USAG BAVARIA

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b>  <b>THE BOX</b> Functional Fit Camp 0900 w/FF Team (Field House)  <b>THE BOX</b> Functional Fit Camp 1000 w/FF Team (Field House)	<b>2</b>  <b>THE BOX</b> Functional Fit Camp 0900 w/FF Team (Field House)  <b>THE BOX</b> Functional Fit Camp 1000 w/FF Team (Field House)  <b>THE BOX</b> Functional Fit Camp 1630 w/FF Team (Field House)  <b>THE BOX</b> Functional Fit Camp 1730 w/FF Team (Field House)	<b>3</b>  <b>ZUMBA</b> 0930 w / Meredith  <b>THE BOX</b> Functional Fit Camp 0900, and 1000 w/FF Team (Field House)  <b>THE BOX</b> Functional Fit Camp 1730 w/FF Team (Field House)  <b>RIDE REAL</b> 1545—1630 w/ Heide  <b>COMMUNITY YOGA</b> 1830—1930 w/ Amanda	<b>4</b>  <b>INDOOR CYCLING</b>  0630 w/James  <b>THE BOX</b> Functional Fit Camp 0900 w/FF Team (Field House)  <b>THE BOX</b> Functional Fit Camp 1000 w/ FF Team  <b>THE BOX</b> Functional Fit Camp 1630 w/FF Team (Field House)  <b>THE BOX</b> Functional Fit Camp 1730 w/FF Team (Field House)	<b>5</b>  <b>THE BOX</b> Functional Fit Camp 0900 w/FF Team (Field House)  <b>THE BOX</b> Functional Fit Camp 1000 w/FF Team (Field House)	<b>6</b>  <b><u>Purchase Adult Group Exercise Tickets and SAVE!</u></b>    <b>8 Tickets - \$20</b> <b>10 Tickets - \$25</b> <b>20 Tickets - \$45</b>  <b><u>Stop by your local Fitness Center Today!</u></b>
<b>7</b>  <b>YOGA</b> 1000 w/ Katja	<b>8</b>  <b>THE BOX</b> Functional Fit Camp 0900 w/FF Team (Field House)  <b>THE BOX</b> Functional Fit Camp 1000 w/FF Team (Field House)	<b>9</b>  <b>THE BOX</b> Functional Fit Camp 0900 w/FF Team (Field House)  <b>THE BOX</b> Functional Fit Camp 1000 w/FF Team (Field House)  <b>THE BOX</b> Functional Fit Camp 1630 w/FF Team (Field House)  <b>THE BOX</b> Functional Fit Camp 1730 w/FF Team (Field House)	<b>10</b>  <b>ZUMBA</b> 0930 w / Meredith  <b>THE BOX</b> Functional Fit Camp 0900, and 1000 w/FF Team (Field House)  <b>THE BOX</b> Functional Fit Camp 1730 w/FF Team (Field House)  <b>RIDE REAL</b> 1545—1630 w/ Heide  <b>COMMUNITY YOGA</b> 1830—1930 w/ Amanda	<b>11 Federal Holiday</b>  	<b>12 Training Holiday</b>	<b>13</b>  <b>Make sure you visit</b>  <a href="http://grafenwoehr.armymwr.com">grafenwoehr.armymwr.com</a>  <b><u>To reserve a space in the class you would like to attend</u></b>  
<b>14</b>  <b>YOGA</b> 1000 w/Katja	<b>15</b>  <b>THE BOX</b> Functional Fit Camp 0900 w/FF Team (Field House)  <b>THE BOX</b> Functional Fit Camp 1000 w/FF Team (Field House)	<b>16</b>  <b>THE BOX</b> Functional Fit Camp 0900 w/FF Team (Field House)  <b>THE BOX</b> Functional Fit Camp 1000 w/FF Team (Field House)  <b>THE BOX</b> Functional Fit Camp 1630 w/FF Team (Field House)  <b>THE BOX</b> Functional Fit Camp 1730 w/FF Team (Field House)	<b>17</b>  <b>ZUMBA</b> 0930 w/ Meredith  <b>THE BOX</b> Functional Fit Camp 0900, and 1000 w/FF Team (Field House)  <b>THE BOX</b> Functional Fit Camp 1730 w/FF Team (Field House)  <b>RIDE REAL</b> 1545—1630 w/ Heide  <b>COMMUNITY YOGA</b> 1830—1930 w/ Amanda	<b>18</b>  <b>INDOOR CYCLING</b>  0630 w/James  <b>THE BOX</b> Functional Fit Camp 0900 w/FF Team (Field House)  <b>THE BOX</b> Functional Fit Camp 1000 w/ FF Team  <b>THE BOX</b> Functional Fit Camp 1630 w/FF Team (Field House)  <b>THE BOX</b> Functional Fit Camp 1730 w/FF Team (Field House)	<b>19</b>  <b>THE BOX</b> Functional Fit Camp 0900 w/FF Team (Field House)  <b>THE BOX</b> Functional Fit Camp 1000 w/FF Team (Field House)	<b>20</b>  <b>REGISTRATION FOR THE TURKEY TROT BEGINS NOVEMBER 1 , 2021!!!</b>  <b>GET OUT AND JOIN THE FUN!</b>  
<b>21</b>  	<b>22</b>  <b>THE BOX</b> Functional Fit Camp 0900 w/FF Team (Field House)  <b>THE BOX</b> Functional Fit Camp 1000 w/FF Team (Field House)	<b>23</b>  <b>THE BOX</b> Functional Fit Camp 0900 w/FF Team (Field House)  <b>THE BOX</b> Functional Fit Camp 1000 w/FF Team (Field House)  <b>THE BOX</b> Functional Fit Camp 1630 w/FF Team (Field House)  <b>THE BOX</b> Functional Fit Camp 1730 w/FF Team (Field House)	<b>24</b>  <b>ZUMBA</b> 0930 w/ Meredith  <b>THE BOX</b> Functional Fit Camp 0900, and 1000 w/FF Team (Field House)  <b>THE BOX</b> Functional Fit Camp 1730 w/FF Team (Field House)  <b>RIDE REAL</b> 1545—1630 w/ Heide  <b>COMMUNITY YOGA</b> 1830—1930 w/ Amanda	<b>25 Federal Holiday</b>  	<b>26 Training Holiday</b>  <b>REGISTRATION FOR THE JINGLE BELL RUN BEGINS NOVEMBER 1 , 2021!!!</b>  	<b>27</b>  <b>SANTA CLAUS IS CHECKING HIS LIST, MAKE SURE YOU'RE ON IT!</b>
<b>28</b>  <b>YOGA</b> 1000 w/Katja	<b>29</b>  <b>THE BOX</b> Functional Fit Camp 0900 w/FF Team (Field House)  <b>THE BOX</b> Functional Fit Camp 1000 w/FF Team (Field House)	<b>30</b>  <b>THE BOX</b> Functional Fit Camp 0900 w/FF Team (Field House)  <b>THE BOX</b> Functional Fit Camp 1000 w/FF Team (Field House)  <b>THE BOX</b> Functional Fit Camp 1630 w/FF Team (Field House)  <b>THE BOX</b> Functional Fit Camp 1730 w/FF Team (Field House)	<b><i>Fitness Starts Here!</i></b>  <b><u>OPERATION HOURS</u></b> <b>MON - FRI 0530-2100</b> *Closed 1400-1500 for cleaning* <b>SAT, SUN &amp; U.S. HOL 0900-1700</b> *Closed 1200-1300 for cleaning* <b>TRAINING HOL 0800-2100</b> *Closed 1400-1500 for cleaning*  <b>Tower Barracks Fitness Center Bldg. 170</b> <b>DSN: 526-1420 CIV: 09641-70-526-1420</b>		<b>Personal Fitness Trainer</b>    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	