




OCTOBER 2021

Rose Barracks Fitness Centers

Fitness Calendar



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|--|--|---|-----------|-----------|
| FITNESS STARTS HERE!  OPERATION HOURS SGT Jesse L. Williams Fitness Center, B323 MON - FRI.....0530 - 2100 US HOL, SAT & SUN0900 - 1700 TRAINING HOL0800 - 2100 **CLEANING HOURS VARY** Memorial Fitness Center, B616 CLOSED OPEN FOR RESERVATIONS ONLY         | | Purchase Adult Group Exercise Tickets and SAVE!  8 Tickets - \$20 10 Tickets - \$25 20 Tickets - \$45  Stop by your local Fitness Center Today! | NEED A MASSAGE?? SCHEDULE ONE TODAY  | SIGN UP FOR A CYCLING CLASS  | 1 | 2 |
| NO BAGS ON THE FITNESS FLOOR THANK YOU | FUNCTIONAL FITNESS @ MFC 0930 INDOOR CYCLING w/Monika @ MFC 1800-1900 | FUNCTIONAL FITNESS @ MFC 0930 FUNCTIONAL FITNESS @ MFC 1715 | | FUNCTIONAL FITNESS @ MFC 0930 FUNCTIONAL FITNESS @ MFC 1715 | | |
| 10 Personal Fitness Trainer  Are you looking for a work out that will be challenging and provide the results you are looking for? For more information call DSN: 476-2998 COM: 09662-83-2998 | 11 FUNCTIONAL FITNESS @ MFC 0930 INDOOR CYCLING w/Monika @ MFC 1800-1900 | 12 FUNCTIONAL FITNESS @ MFC 0930 FUNCTIONAL FITNESS @ MFC 1715 | 13 | 14 FUNCTIONAL FITNESS @ MFC 0930 FUNCTIONAL FITNESS @ MFC 1715 | 15 | 16 |
| 17  | 18 FUNCTIONAL FITNESS @ MFC 0930 INDOOR CYCLING w/Monika @ MFC 1800-1900 | 19 FUNCTIONAL FITNESS @ MFC 0930 FUNCTIONAL FITNESS @ MFC 1715 | 20 | 21 FUNCTIONAL FITNESS @ MFC 0930 FUNCTIONAL FITNESS @ MFC 1715 | 22 | 23 |
| 24 | 25 FUNCTIONAL FITNESS @ MFC 0930 INDOOR CYCLING w/Monika @ MFC 1800-1900 | 26 FUNCTIONAL FITNESS @ MFC 0930 FUNCTIONAL FITNESS @ MFC 1715 | 27 | 28 FUNCTIONAL FITNESS @ MFC 0930 FUNCTIONAL FITNESS @ MFC 1715 | 29 | 30 |
| 31  | | | | | | |