

FEBRUARY 2025

TOWER BARRACKS FITNESS PROGRAM

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



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