

USAG GRAFENWOEHR PHYSICAL FITNESS CENTER

SAT, 28 JANUARY 2012
10 a.m. – 2 p.m.

FITNESS DAY

Personal Fitness Trainer information and
Fitness Assessments

Weight Loss Challenge Registration and
Orientation Meeting

Massage Demos, Benefits and Information

TRX Demo

EDGE Winter Sports and
Conditioning Demo

Women Self-Defense Class

Fitness Classes;

BODY PUMP, TOTALFIT, BODY JAM
YOGA, BODY PUMP, BODY STEP
CORE KICK, PILATES,
BODY COMBAT, ZUMBA,
and INDOOR CYCLING.



IMCOM
SOLDIERS • FAMILIES • CIVILIANS

*Participate in an activity/service on this day,
and receive a 10% - 20% discount on your next
purchase at USAG Grafenwoehr Sports & Fitness.*

<https://webtrac.mwr.army.mil> | www.grafenwoehrmwr.com

For more information, contact the Graf Sports & Fitness Office, DSN: 475-8207, CIV:09641-838207

