



MAY 2012

Grafenwoehr Physical Fitness Center

FITNESS CALENDAR



Sun	Mon	Tue	Wed	Thu	Fri	Sat														
<div style="border: 2px solid red; padding: 5px; color: red; font-weight: bold; font-size: 1.2em;"> FITNESS STARTS HERE! </div> <p style="text-align: center; font-weight: bold; color: blue;">OPERATION HOURS</p> <p>MONDAY- FRIDAY: 0530-2100 SATURDAY & SUNDAY: 1000-1800 TRAINING HOLIDAY: 1000-2100 US HOLIDAYS: 1000-1800</p> <p style="text-align: center; color: red; font-weight: bold;"> Graf PFC, Bldg. 170, DSN:475-9007 or CIV: 09641-839007 </p>		<p>1</p> <p>BODY PUMP 0815 w/Natasa INDOOR CYCLING 0900 w/Crystal (Cycling Room) BOOT CAMP 0900-1030 w/Pam & Sarah ZUMBA 1030 w/Katherine INDOOR CYCLING 1145 w/Jeanine (Cycling Room) EDGE WSC Youth program w/Jaimin 1530-1700 (Total Fit Area) ZUMBA 1715 w/Ginella ARMY ATHLETE TRAINING 1900 w/Mintra (TotalFit Area)</p>	<p>2</p> <p>TOTALFIT 0900 w/Jaimin (TotalFit Area) INDOOR CYCLING 0900 w/Tiana (Cycling Room) BOOT CAMP 0900-1030 w/Pam & Sarah ZUMBA 1000 w/Angie BODY PUMP 1145 w/Natasa THE WOD 1200 or 1230 w/Sarah TOTALFIT 1700 w/Jaimin (Total Fit Area) YOGA Express 1730 w/Sarah INDOOR CYCLING 1800 w/Viki (Cycling Room) NINJUTSU-Martial Art Class 1830 w/Mike (Combative Room)</p>	<p>3</p> <p>TOTALFIT 0900 w/Jaimin (TotalFit Area) INDOOR CYCLING 0900 w/Crystal (Cycling Room) BOOT CAMP 0900-1030 w/Pam & Sarah BODY JAM 1000 w/Priscilla TOTALFIT 1700 w/Jaimin (Total Fit Area) BODY STEP 1730 w/Monika ARMY ATHLETE TRAINING 1900 w/Mintra (TotalFit Area)</p>	<p>4</p> <p>BODY PUMP 0815 w/Natasa INDOOR CYCLING 0900 w/Jeanine (Cycling Room) BOOT CAMP 0900-1030 w/Pam & Sarah THE WOD 1200 or 1230 w/Sarah ZUMBA 1000 w/Angie (Basketball Court) ZUMBA 1800 w/Katherine (Basketball Court) AFAA Practical Skills and Choreography Workshop 0900-1800 (Exercise Room is Closed) EDGE WSC Youth program w/Jaimin 1530-1700 (Total Fit Area)</p>	<p>5</p> <p>AFAA Primary Group Exercise Certification 0900-1800 (Exercise Room is Closed)</p>														
<p>6</p> <p>AFAA Indoor Cycling Instructor Training 0900-1800 (Cycling Room is Closed)</p>	<p>7</p> <p>INDOOR CYCLING 0900 w/Tiana (Cycling Room) BOOT CAMP 0900-1030 w/Pam & Sarah TOTALFIT 0900 w/Jaimin (TotalFit Area) BODY PUMP 1145 w/Natasa THE WOD 1200 or 1230 w/Sarah YOGA 1600 w/Sarah TOTALFIT 1700 w/Jaimin (Total Fit Area) NINJUTSU-Martial Art Class 1830 w/Mike (Combative Room) YOGA 1900 w/Sarah Basketball Court is closed - 1300-2100</p>	<p>8</p> <p>BODY PUMP 0815 w/Natasa INDOOR CYCLING 0900 w/Crystal (Cycling Room) BOOT CAMP 0900-1030 w/Pam & Sarah ZUMBA 1030 w/Katherine INDOOR CYCLING 1145 w/Jeanine (Cycling Room) EDGE WSC Youth program w/Jaimin 1530-1700 (Total Fit Area) ZUMBA 1715 w/Ginella ARMY ATHLETE TRAINING 1900 w/Mintra (TotalFit Area)</p>	<p>9</p> <p>TOTALFIT 0900 w/Jaimin (TotalFit Area) INDOOR CYCLING 0900 w/Tiana (Cycling Room) BOOT CAMP 0900-1030 w/Pam & Sarah ZUMBA 1000 w/Angie BODY PUMP 1145 w/Natasa THE WOD 1200 or 1230 w/Sarah TOTALFIT 1700 w/Jaimin (Total Fit Area) YOGA Express 1730 w/Sarah INDOOR CYCLING 1800 w/Viki (Cycling Room) NINJUTSU-Martial Art Class 1830 w/Mike (Combative Room)</p>	<p>10</p> <p>TOTALFIT 0900 w/Jaimin (TotalFit Area) INDOOR CYCLING 0900 w/Crystal (Cycling Room) BOOT CAMP 0900-1030 w/Pam & Sarah BODY JAM 1000 w/Priscilla TOTALFIT 1700 w/Jaimin (Total Fit Area) ARMY ATHLETE TRAINING 1900 w/Mintra (TotalFit Area)</p>	<p>11</p> <p>BODY PUMP 0815 w/Natasa INDOOR CYCLING 0900 w/Jeanine (Cycling Room) BOOT CAMP 0900-1030 w/Pam & Sarah ZUMBA 1000 w/Angie THE WOD 1200 or 1230 w/Sarah ZUMBA 1800 w/Katherine EDGE WSC Youth program w/Jaimin 1530-1700 (Total Fit Area)</p>	<p>12</p> <p>ZUMBA 1015 w/Ginella</p> <p style="text-align: center; font-weight: bold; color: red;"> STRONG B.A.N.D.S Functional Fitness Challenge 1030 </p>														
<p>13</p> <p style="font-size: 1.5em; color: red; font-weight: bold;">NO CLASSES</p>	<p>14</p> <p>TOTALFIT 0900 w/Jaimin (TotalFit Area) BOOT CAMP 0900-1030 w/Pam & Sarah INDOOR CYCLING 0900 w/Tiana (Cycling Room) BODY PUMP 1145 w/Natasa THE WOD 1200 or 1230 w/Sarah YOGA 1600 w/Sarah TOTALFIT 1700 w/Jaimin (Total Fit Area) NINJUTSU-Martial Art Class 1830 w/Mike (Combative Room) YOGA 1900 w/Sarah</p>	<p>15</p> <p>BODY PUMP 0815 w/Natasa TOTALFIT 0900 w/Jaimin (TotalFit Area) INDOOR CYCLING 0900 w/Crystal (Cycling Room) BOOT CAMP 0900-1030 w/Pam & Sarah ZUMBA 1030 w/Katherine INDOOR CYCLING 1145 w/Jeanine (Cycling Room) EDGE WSC Youth program w/Jaimin 1530-1700 (Total Fit Area) ZUMBA 1715 w/Ginella TOTALFIT 1700 w/Jaimin (Total Fit Area) ARMY ATHLETE TRAINING 1900 w/Mintra (TotalFit Area)</p>	<p>16</p> <p>TOTALFIT 0900 w/Jaimin (TotalFit Area) INDOOR CYCLING 0900 w/Tiana (Cycling Room) ZUMBA 1000 w/Angie TOTALFIT (Elements) 1000-1130 w/Jaimin (Total Fit Area) BODY PUMP 1145 w/Natasa THE WOD 1200 or 1230 w/Sarah TOTALFIT 1700 w/Jaimin (Total Fit Area) YOGA Express 1730 w/Sarah INDOOR CYCLING 1800 w/Viki (Cycling Room) NINJUTSU-Martial Art Class 1830 w/Mike (Combative Room)</p>	<p>17</p> <p>TOTALFIT 0900 w/Jaimin (TotalFit Area) INDOOR CYCLING 0900 w/Crystal (Cycling Room) PILATES 0900 w/Pam BODY JAM 1000 w/Priscilla TOTALFIT 1700 w/Jaimin (Total Fit Area) BODY STEP 1730 w/Monika ARMY ATHLETE TRAINING 1900 w/Mintra (TotalFit Area)</p>	<p>18</p> <p>BODY PUMP 0815 w/Natasa INDOOR CYCLING 0900 w/Jeanine (Cycling Room) YOGA 0905 w/Sarah ZUMBA 1000 w/Angie THE WOD 1200 or 1230 w/Sarah ZUMBA 1800 w/Katherine EDGE WSC Youth program w/Jaimin 1530-1700 (Total Fit Area)</p>	<p>19</p> <p>ZUMBA 1015 w/Ginella</p>														
<p>20</p> <p>Get fit and bring your Kids! Monday - Thursday 0830 - 1000 1000 - 1130 Must Preregister at CYSS Parent Central Services office or online. For more information Call, DSN: 475-6656 or CIV 09641-836656</p>	<p>21</p> <p>TOTALFIT 0900 w/Jaimin (TotalFit Area) ZUMBA 0900 w/Pam INDOOR CYCLING 0900 w/Tiana (Cycling Room) PILATES 1000 w/Pam TOTALFIT (Elements) 1000-1130 w/Jaimin (Total Fit Area) BODY PUMP 1145 w/Natasa THE WOD 1200 or 1230 w/Sarah YOGA 1600 w/Sarah TOTALFIT 1700 w/Jaimin (Total Fit Area) NINJUTSU-Martial Art Class 1830 w/Mike (Combative Room) YOGA 1900 w/Sarah</p>	<p>22</p> <p>BODY PUMP 0815 w/Natasa TOTALFIT 0900 w/Jaimin (TotalFit Area) INDOOR CYCLING 0900 w/Crystal (Cycling Room) CORE KICK 0915 w/Pam TRX 1015 w/Pam ZUMBA 1030 w/Katherine INDOOR CYCLING 1145 w/Jeanine (Cycling Room) ZUMBA 1715 w/Ginella TOTALFIT 1700 w/Jaimin (Total Fit Area) ARMY ATHLETE TRAINING 1900 w/Mintra (TotalFit Area)</p>	<p>23</p> <p>TOTALFIT 0900 w/Jaimin (TotalFit Area) INDOOR CYCLING 0900 w/Tiana (Cycling Room) ZUMBA 1000 w/Angie TOTALFIT (Elements) 1000-1130 w/Jaimin (Total Fit Area) BODY PUMP 1145 w/Natasa THE WOD 1200 or 1230 w/Sarah TOTALFIT 1700 w/Jaimin (Total Fit Area) YOGA Express 1730 w/Sarah INDOOR CYCLING 1800 w/Viki (Cycling Room) NINJUTSU-Martial Art Class 1830 w/Mike (Combative Room)</p>	<p>24</p> <p>TOTALFIT 0900 w/Jaimin (TotalFit Area) INDOOR CYCLING 0900 w/Crystal (Cycling Room) PILATES 0900 w/Pam BODY JAM 1000 w/Priscilla TOTALFIT 1700 w/Jaimin (Total Fit Area) BODY STEP 1730 w/Monika ARMY ATHLETE TRAINING 1900 w/Mintra (TotalFit Area)</p>	<p>25</p> <p style="color: red; font-weight: bold;">Training Holiday</p> <p>ZUMBA 1000 w/Angie</p>	<p>26</p> <p style="font-size: 1.5em; color: red; font-weight: bold;">NO CLASSES</p>														
<p>27</p> <p style="color: green; font-weight: bold;">Unit PT Spinning Class!</p> <p style="color: green; font-weight: bold;">Make an appointment Today!</p> <p>Email Heide Hurd Cycling Instructor at heide.hurd@eu.dodea.edu</p>	<p>28</p> <p style="color: red; font-weight: bold;">US Holiday Memorial Day</p> <p style="font-size: 1.5em; color: red; font-weight: bold;">NO CLASSES</p>	<p>29</p> <p>BODY PUMP 0815 w/Natasa TOTALFIT 0900 w/Jaimin (TotalFit Area) INDOOR CYCLING 0900 w/Crystal (Cycling Room) CORE KICK 0915 w/Pam TRX 1015 w/Pam ZUMBA 1030 w/Katherine INDOOR CYCLING 1145 w/Jeanine (Cycling Room) ZUMBA 1715 w/Ginella TOTALFIT 1700 w/Jaimin (Total Fit Area) ARMY ATHLETE TRAINING 1900 w/Mintra (TotalFit Area)</p>	<p>30</p> <p>TOTALFIT 0900 w/Jaimin (TotalFit Area) INDOOR CYCLING 0900 w/Tiana (Cycling Room) ZUMBA 1000 w/Angie TOTALFIT (Elements) 1000-1130 w/Jaimin (Total Fit Area) BODY PUMP 1145 w/Natasa THE WOD 1200 or 1230 w/Sarah TOTALFIT 1700 w/Jaimin (Total Fit Area) YOGA Express 1730 w/Sarah INDOOR CYCLING 1800 w/Viki (Cycling Room) NINJUTSU-Martial Art Class 1830 w/Mike (Combative Room)</p>	<p>31</p> <p>TOTALFIT 0900 w/Jaimin BODY PUMP 0815 w/Natasa INDOOR CYCLING 0900 w/Crystal (Cycling Room) PILATES 0900 w/Pam BODY JAM 1000 w/Priscilla TOTALFIT 1700 w/Jaimin (Total Fit Area) ARMY ATHLETE TRAINING 1900 w/Mintra (TotalFit Area)</p>	<p style="color: blue; font-weight: bold;">"One on One"</p> <p style="color: blue; font-weight: bold;">Personal Fitness Trainer Package</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left; border-bottom: 1px solid black;">Package</th> <th style="text-align: left; border-bottom: 1px solid black;"># Sessions</th> <th style="text-align: left; border-bottom: 1px solid black;">Soldier/Civilian</th> </tr> </thead> <tbody> <tr> <td>Starter Package</td> <td>1 Session</td> <td>\$40 / \$45</td> </tr> <tr> <td>Results Package</td> <td>3 Sessions</td> <td>\$110 / \$120</td> </tr> <tr> <td>Serious package</td> <td>6 Sessions</td> <td>\$215 / \$220</td> </tr> <tr> <td>Ultimate Package</td> <td>12 Sessions</td> <td>\$415 / \$425</td> </tr> </tbody> </table> <p style="color: blue; font-weight: bold;">Are you looking for a work out that will be challenging and provide the Results you are looking for?</p> <p style="color: red; font-weight: bold;">CALL NOW!!!</p> <p style="color: red; font-weight: bold;">DSN: 475-9007 or CIV: 09641-839007.</p>	Package	# Sessions	Soldier/Civilian	Starter Package	1 Session	\$40 / \$45	Results Package	3 Sessions	\$110 / \$120	Serious package	6 Sessions	\$215 / \$220	Ultimate Package	12 Sessions	\$415 / \$425
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