
































MAY 2012

Rose Barracks Fitness Center

Fitness Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Discover Grafenwoehr Therapeutic Massage Service for Greater Health!</p> <p>The Therapeutic massage is available by appointment only. Call the Rose Barracks Fitness Center @ DSN: 476-2298 for availability.</p> <p>Appointments are secured by payment, minimum 24hours in advance of desired appointment time.</p> 			25 APRIL Les Mills BODYPUMP 0900-1000w/Monika Les Mills BODY COMBAT 1000-1100 w/ Priscilla ZUMBA 12N - 1300 w/ Ginella Physical Therapy Class 1300-1400 BOOT CAMP CIRCUIT  1830-1930 w/Tiana	26 Physical Therapy Class 1300-1400 SPIN STRONG  1730- 1830 w/JOCELYN	27 Les Mills BODYPUMP 0900-1100w/Monika Les Mills BODY JAM 1000-1100 w/ Priscilla ZUMBA 12N - 1300 w/ Ginella BOOT CAMP CIRCUIT  1830-1930 w/Tiana	28 NO CLASSES
29-Jan NO CLASSES	30 Les Mills BODYPUMP 0900-1000 W/Monika Les Mills BODY COMBAT 1000-1100 w/ Priscilla ZUMBA 12N - 1300 w/ Ginella Physical Therapy Class 1300-1400 ZUMBA  1730-1830 w/ Ginella BOOT CAMP CIRCUIT  1830-1930 w/Tiana	1-May Les Mills STEP 0900-1000 w/ Monika Physical Therapy Class 1300-1400 CYS EDGE PROGRAM 1530-1630 SPIN STRONG  1730- 1830 w/ JOCELYN	2 Les Mills BODYPUMP 0900-1000w/Monika Les Mills BODY COMBAT 1000-1100 w/ Priscilla ZUMBA 12N - 1300 w/ Ginella Physical Therapy Class 1300-1400 BOOT CAMP CIRCUIT  1830-1930 w/Tiana	3 Physical Therapy Class 1300-1400 CYS EDGE PROGRAM 1530-1630 SPIN STRONG  1730- 1830 w/ JOCELYN	4 Les Mills BODYPUMP 0900-1100w/Monika Les Mills BODY JAM 1000-1100 w/ Priscilla ZUMBA 12N - 1300 w/ Ginella BOOT CAMP CIRCUIT  1830-1930 w/Tiana	5 HALF MARATHON ROSE BARRACKS NO CLASSES
6 NO CLASSES	7 Les Mills BODYPUMP 0900-1000 W/Monika Les Mills BODY COMBAT 1000-1100 w/ Priscilla ZUMBA 12N - 1300 w/ Ginella Physical Therapy Class 1300-1400 ZUMBA  1730-1830 w/ Ginella BOOT CAMP CIRCUIT  1830-1930 w/Tiana	8 Physical Therapy Class 1300-1400 SPIN STRONG  1730- 1830 w/ JOCELYN	9 Les Mills BODY COMBAT 1000-1100 w/ Priscilla Physical Therapy Class 1300-1400 BOOT CAMP CIRCUIT  1830-1930 w/Tiana	10 Physical Therapy Class 1300-1400 SPIN STRONG  1730- 1830 w/ JOCELYN	11 Les Mills BODY JAM 1000-1100 w/ Priscilla BOOT CAMP CIRCUIT  1830-1930 w/Tiana	12 "225" MAX THE BENCH COMPETITION ROSE BARRACKS NO CLASSES
13 NO CLASSES	14 Les Mills BODY COMBAT 1000-1100 w/ Priscilla ZUMBA 12N - 1300 w/ Ginella Physical Therapy Class 1300-1400 ZUMBA  1730-1830 w/ Ginella BOOT CAMP CIRCUIT  1830-1930 w/Tiana	15 Les Mills STEP 0900-1000 w/ Monika Physical Therapy Class 1300-1400 SPIN STRONG  1730- 1830 w/ JOCELYN	16 Les Mills BODYPUMP 0900-1000w/Monika Les Mills BODY COMBAT 1000-1100 w/ Priscilla ZUMBA 12N - 1300 w/ Ginella Physical Therapy Class 1300-1400 BOOT CAMP CIRCUIT  1830-1930 w/Tiana	17 Physical Therapy Class 1300-1400 SPIN STRONG  1730- 1830 w/ JOCELYN	18 Les Mills BODYPUMP 0900-1100w/Monika Les Mills BODY JAM  1000-1100 w/ Priscilla ZUMBA 12N - 1300 w/ Ginella BOOT CAMP CIRCUIT  1830-1930 w/Tiana	19 NO CLASSES
20 NO CLASSES	21 Les Mills BODYPUMP 0900-1000 W/Monika Les Mills BODY COMBAT 1000-1100 w/ Priscilla ZUMBA 12N - 1300 w/ Ginella Physical Therapy Class 1300-1400 ZUMBA  1730-1830 w/ Ginella BOOT CAMP CIRCUIT  1830-1930 w/Tiana	22 Les Mills STEP 0900-1000 w/ Monika Physical Therapy Class 1300-1400 SPIN STRONG  1730- 1830 w/ JOCELYN	23 Les Mills BODYPUMP 0900-1000w/Monika Les Mills BODY COMBAT 1000-1100 w/ Priscilla ZUMBA 12N - 1300 w/ Ginella Physical Therapy Class 1300-1400 BOOT CAMP CIRCUIT  1830-1930 w/Tiana	24 Physical Therapy Class 1300-1400 SPIN STRONG  1730- 1830 w/ JOCELYN	25 Training Holiday	26 NO CLASSES

OPERATION HOURS MONDAY- FRIDAY: 0530-2100 SATURDAY & SUNDAY: 1000-1800 TRAINING HOLIDAY: 1000-2100		Rose Barracks Fitness Center Bldg. 323 DSN: 476-2998 or 476-2214 CIV: 09662-832998 or 09662-832214	
Group Exercise Sessions	4 classes, once a week	8 classes, two times a week	12 classes, three times a week
LES MILLS CLASSES	\$16.00	\$28.00	\$36.00
All other Fitness Classes - \$20 monthly			
Single Class \$5			

FITNESS STARTS HERE - WHERE WELLNESS BEGINS



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Classes Subject to Change

