



October 2025

Collier Community Fitness Center (CCFC) BLDG. 1949 Aerobics Room A					Zoeckler Fitness Center, BLDG. 1296 Aerobics Room				
W 1	0530 VINYASA FLOW YOGA	0915 LES MILLS BODYPUMP			0900 FUNCTIONAL STRENGTH		1730 ZUMBA		
Th 2		0900 CARDIO DANCE FUSION	1030 CIRCUIT TRAINING (HIIT)		1015 ZUMBA		1730 STEP AEROBICS XHH BEG		
F 3	0530 VINYASA FLOW YOGA		0915 HIGH FITNESS		0930 CYCLE				
S 4	0900 CARDIO DANCE FUSION	1030 STEP AEROBICS XHH ADV							
Su 5									
M 6	CHUSEOK HOLIDAY								
T 7		0915 HIGH FITNESS	1030 CIRCUIT TRAINING (HIIT)	1800 ZUMBA	0830 FUNCTIONAL STRENGTH	1015 ZUMBA			
W 8	0530 VINYASA FLOW YOGA	0915 LES MILLS BODYPUMP			0900 FUNCTIONAL STRENGTH				
Th 9		0900 CARDIO DANCE FUSION	1030 CIRCUIT TRAINING (HIIT)		1015 ZUMBA		1730 STEP AEROBICS XHH BEG		
F 10				1030 CIRCUIT TRAINING (HIIT)	0930 CYCLE				
S 11	0900 CARDIO DANCE FUSION								
Su 12									
M 13	US HOLIDAY								
T 14			1030 CIRCUIT TRAINING (HIIT)	1800 ZUMBA	0830 FUNCTIONAL STRENGTH	1015 ZUMBA			
W 15	0530 VINYASA FLOW YOGA	0915 LES MILLS BODYPUMP			0900 FUNCTIONAL STRENGTH		1730 ZUMBA		
Th 16		0900 CARDIO DANCE FUSION	1030 CIRCUIT TRAINING (HIIT)		1015 ZUMBA		1730 STEP AEROBICS XHH BEG		
F 17	0530 VINYASA FLOW YOGA	0800 LES MILLS BODYPUMP	0915 HIGH FITNESS	1030 CIRCUIT TRAINING (HIIT)	0930 CYCLE				
S 18	0900 CARDIO DANCE FUSION	1030 STEP AEROBICS XHH ADV							
Su 19									
M 20	0530 VINYASA FLOW YOGA	0915 LES MILLS BODYPUMP					1800 CYCLE		
T 21		0915 HIGH FITNESS		1800 ZUMBA		1015 ZUMBA			
W 22	0530 VINYASA FLOW YOGA	0915 LES MILLS BODYPUMP					1730 ZUMBA		
Th 23					1015 ZUMBA		1730 STEP AEROBICS XHH BEG		
F 24	0530 VINYASA FLOW YOGA		0915 HIGH FITNESS		0930 CYCLE				
S 25		1030 STEP AEROBICS XHH ADV							
Su 26									
M 27	0530 VINYASA FLOW YOGA	0915 LES MILLS BODYPUMP					1800 CYCLE		
T 28		0915 HIGH FITNESS		1800 ZUMBA		1015 ZUMBA			
W 29	0530 VINYASA FLOW YOGA	0915 LES MILLS BODYPUMP					1730 ZUMBA		
Th 30					1015 ZUMBA		1730 STEP AEROBICS XHH BEG		
F 31			0915 HIGH FITNESS		0930 CYCLE				

Classes are \$4 payable at the front desk where the class is located or purchase a Punch Pass. Buy 10 classes and get one free with a \$40 Punch Pass that is tied directly to your DoD ID card. Punch Passes are non-refundable and non-transferrable. **Punch Passes expire 90 days after purchase date.**

All class participants must check in at the front desk to collect a class registration receipt.
Must be 18 years or older (17 if Active Duty) to participate. **Class entry closes 10 minutes after starting.**



Collier Community Fitness Center
DSN 755-1671 - COMM 050-3355-1671

Zoeckler Fitness Center
DSN 755-1679 - COMM 050-3355-1679