



November 2024

Collier Community Fitness Center (CCFC) BLDG. 1949 Aerobics Room A			Zoeckler Fitness Center, BLDG. 1296 Aerobics Room			Turner Fitness Center, BLDG. 2063 Aerobics Room		
F 1		0900 HIGH FITNESS	1000 VINYASA FLOW YOGA					
S 2								
Su 3								
M 4		0900 VINYASA FLOW YOGA		0900 FUNCTIONAL STRENGTH	1000 FUNCTIONAL STRENGTH			
T 5		0900 HIGH FITNESS	1800 ZUMBA		1015 ZUMBA			
W 6		0900 VINYASA FLOW YOGA		0900 FUNCTIONAL STRENGTH	1000 FUNCTIONAL STRENGTH	1730 ZUMBA		
Th 7			1800 VINYASA FLOW YOGA	1015 ZUMBA		1800 FUNCTIONAL STRENGTH		
F 8			1000 VINYASA FLOW YOGA					
S 9								
Su 10								
VETERAN'S DAY								
M 11								
T 12		0900 HIGH FITNESS	1800 ZUMBA		1015 ZUMBA			
W 13		0900 VINYASA FLOW YOGA		0900 FUNCTIONAL STRENGTH	1000 FUNCTIONAL STRENGTH	1730 ZUMBA		
Th 14			1800 VINYASA FLOW YOGA	1015 ZUMBA		1800 FUNCTIONAL STRENGTH		
F 15		0900 HIGH FITNESS	1000 VINYASA FLOW YOGA					
S 16								
Su 17								
M 18		0900 VINYASA FLOW YOGA		0900 FUNCTIONAL STRENGTH	1000 FUNCTIONAL STRENGTH			
T 19		0900 HIGH FITNESS	1800 ZUMBA		1015 ZUMBA			
W 20		0900 VINYASA FLOW YOGA		0900 FUNCTIONAL STRENGTH	1000 FUNCTIONAL STRENGTH	1730 ZUMBA		
Th 21			1800 VINYASA FLOW YOGA	1015 ZUMBA				
F 22		0900 HIGH FITNESS	1000 VINYASA FLOW YOGA					
S 23								
Su 24								
M 25		0900 VINYASA FLOW YOGA		0900 FUNCTIONAL STRENGTH	1000 FUNCTIONAL STRENGTH			
T 26		0900 HIGH FITNESS	1800 ZUMBA		1015 ZUMBA			
W 27		0900 VINYASA FLOW YOGA		0900 FUNCTIONAL STRENGTH	1000 FUNCTIONAL STRENGTH	1730 ZUMBA		
Th 28	THANKSGIVING							
F 29			1000 VINYASA FLOW YOGA					
S 30								

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.**

Full class descriptions can be viewed at [www.https://humphreys.armymwr.com/](https://humphreys.armymwr.com/).

Class times are subject to change. For updates, cancellations and notifications join the [Humphreys MWR Fitness Group](#) on Facebook.



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

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

Turner Fitness Center
DSN 755-1674 - COMM 050-3355-1674