# September 2025

| | Collier Community Fitness Center (CCFC) BLDG. 1949<br>Aerobics Room A | | | | Zoeckler Fitness Center, BLDG. 1296<br>Aerobics Room | | |
|---|---|---|---|---|---|---|---|
| M 1 | LABOR DAY HOLIDAY | | | | | | |
| T 2 | MWR ORG DAY ALL MWR FACILITIES CLOSED | | | | | | |
| W 3 | 0530<br>VINYASA FLOW YOGA | 0915<br>LES MILLS BODYPUMP | | | 0900<br>FUNCTIONAL STRENGTH | | 1730<br>ZUMBA |
| Th 4 | 0600<br>LES MILLS BODYPUMP | | | | 1015<br>ZUMBA | | 1730<br>STEP AEROBICS XHH BEG |
| F 5 | 0530<br>VINYASA FLOW YOGA | | 0915<br>HIGH FITNESS | | 0930<br>CYCLE | | |
| S 6 | | 1030<br>STEP AEROBICS XHH ADV | | | | | |
| Su 7 | | | | | | | |
| M 8 | | 0915<br>LES MILLS BODYPUMP | | | 0900<br>FUNCTIONAL STRENGTH | | 1800<br>CYCLE |
| T 9 | | 0915<br>HIGH FITNESS | | 1730<br>ZUMBA | | 1015<br>ZUMBA | |
| W 10 | 0530<br>VINYASA FLOW YOGA | 0915<br>LES MILLS BODYPUMP | | | 0900<br>FUNCTIONAL STRENGTH | | 1730<br>ZUMBA |
| Th 11 | | | | | 1015<br>ZUMBA | | 1730<br>STEP AEROBICS XHH BEG |
| F 12 | 0530<br>VINYASA FLOW YOGA | | 0915<br>HIGH FITNESS | | 0930<br>CYCLE | | |
| S 13 | | 1030<br>STEP AEROBICS XHH ADV | | | | | |
| Su 14 | | | | | | | |
| M 15 | 0530<br>VINYASA FLOW YOGA | 0915<br>LES MILLS BODYPUMP | | | 0900<br>FUNCTIONAL STRENGTH | | 1800<br>CYCLE |
| T 16 | | 0915<br>HIGH FITNESS | | 1800<br>ZUMBA | | 1015<br>ZUMBA | |
| W 17 | 0530<br>VINYASA FLOW YOGA | 0915<br>LES MILLS BODYPUMP | | | 0900<br>FUNCTIONAL STRENGTH | | 1730<br>ZUMBA |
| Th 18 | | | | | 1015<br>ZUMBA | | 1730<br>STEP AEROBICS XHH BEG |
| F 19 | 0530<br>VINYASA FLOW YOGA | | 0915<br>HIGH FITNESS | | 0930<br>CYCLE | | |
| S 20 | | 1030<br>STEP AEROBICS XHH ADV | | | | | |
| Su 21 | | | | | | | |
| M 22 | 0530<br>VINYASA FLOW YOGA | 0915<br>LES MILLS BODYPUMP | | | 0900<br>FUNCTIONAL STRENGTH | | 1800<br>CYCLE |
| T 23 | | 0915<br>HIGH FITNESS | | 1800<br>ZUMBA | | 1015<br>ZUMBA | |
| W 24 | 0530<br>VINYASA FLOW YOGA | 0915<br>LES MILLS BODYPUMP | | | 0900<br>FUNCTIONAL STRENGTH | | 1730<br>ZUMBA |
| Th 25 | | | | | 1015<br>ZUMBA | | 1730<br>STEP AEROBICS XHH BEG |
| F 26 | 0530<br>VINYASA FLOW YOGA | | 0915<br>HIGH FITNESS | | 0930<br>CYCLE | | |
| S 27 | | 1030<br>STEP AEROBICS XHH ADV | | | | | |
| Su 28 | | | | | | | |
| M 29 | 0530<br>VINYASA FLOW YOGA | 0915<br>LES MILLS BODYPUMP | | | 0900<br>FUNCTIONAL STRENGTH | | 1800<br>CYCLE |
| T 30 | | 0915<br>HIGH FITNESS | | 1800<br>ZUMBA | | 1015<br>ZUMBA | |

**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