



Oct-26



Collier Fitness Center BLDG. 1949 Aerobics Room A DSN 755-1671 - COMM 050-3355-1671				Zoeckler Fitness Center, BLDG. 1296 Aerobics Room DSN 755-1679 - COMM 050-3355-1679			Turner Fitness Center, BLDG. 2063 Aerobics Room DSN 755-1674 - COMM 050-3355-1674
Th 1	0800 CIRCUIT TRAINING (HIIT)	0900 CIRCUIT TRAINING (HIIT)	1030 BARRE (TONING&SCULPT)	1730 MIXXEDFIT			
F 2	0800 CIRCUIT TRAINING (HIIT)	0915 HIGH FITNESS	1030 LES MILLS BODYPUMP		0900 FUNCTIONAL STRENGTH	1000 ZUMBA	1130 BARRE (TONING&SCULPT)
S 3	0800 CIRCUIT TRAINING (HIIT)	0900 ZUMBA	1030 BARRE (TONING&SCULPT)				
Su 4							
M 5		0915 LES MILLS BODYPUMP		1730 LES MILLS BODYPUMP	0900 FUNCTIONAL STRENGTH		
T 6	0800 CIRCUIT TRAINING (HIIT)	0915 HIGH FITNESS		1800 ZUMBA		1015 ZUMBA	0945 BARRE (TONING&SCULPT)
W 7	0800 Collins CIRCUIT TRAINING (HIIT)	0915 Hyatt LES MILLS BODYPUMP		1730 LES MILLSBOBYPUMP	0900 FUNCTIONAL STRENGTH	1015 CYCLE	1730 ZUMBA
Th 8				1730 Fields MIXXEDFIT	1015 ZUMBA		
F 9	**Training Holiday Hours**	0915 HIGH FITNESS	1030 LES MILLS BODYPUMP		0900 FUNCTIONAL STRENGTH		
S 10							
Su 11							
M 12	Holiday Observance: Columbus Day						
T 13	0800 CIRCUIT TRAINING (HIIT)	0915 HIGH FITNESS		1800 ZUMBA		1015 ZUMBA	1730 MIXXEDFIT
W 14	0800 CIRCUIT TRAINING (HIIT)	0915 LES MILLS BODYPUMP		1730 LES MILLSBOBYPUMP	0900 FUNCTIONAL STRENGTH	1015 CYCLE	1730 ZUMBA
Th 15	0800 CIRCUIT TRAINING (HIIT)	0900 CIRCUIT TRAINING (HIIT)	1030 BARRE (TONING&SCULPT)	1730 MIXXEDFIT	1015 ZUMBA		
F 16	0800 CIRCUIT TRAINING (HIIT)	0915 HIGH FITNESS	1030 LES MILLS BODYPUMP		0900 FUNCTIONAL STRENGTH	1000 ZUMBA	1130 BARRE (TONING&SCULPT)
S 17	0800 CIRCUIT TRAINING (HIIT)	0900 ZUMBA	1030 BARRE (TONING&SCULPT)				
Su 18							
M 19		0915 LES MILLS BODYPUMP		1730 LES MILLS BODYPUMP	0900 FUNCTIONAL STRENGTH	1030 ZUMBA	1800 CYCLE
T 20	0800 CIRCUIT TRAINING (HIIT)	0915 HIGH FITNESS		1800 ZUMBA		1015 ZUMBA	1730 MIXXEDFIT
W 21	0800 CIRCUIT TRAINING (HIIT)	0915 LES MILLS BODYPUMP		1730 LES MILLSBOBYPUMP	0900 FUNCTIONAL STRENGTH	1015 CYCLE	1730 ZUMBA
Th 22	0800 CIRCUIT TRAINING (HIIT)	0900 CIRCUIT TRAINING (HIIT)	1030 BARRE (TONING&SCULPT)	1730 MIXXEDFIT	1015 ZUMBA		
F 23	0800 CIRCUIT TRAINING (HIIT)	0915 HIGH FITNESS	1030 LES MILLS BODYPUMP		0900 FUNCTIONAL STRENGTH	1000 ZUMBA	1130 BARRE (TONING&SCULPT)
S 24							
Su 25							
M 26				1730 LES MILLS BODYPUMP	0900 FUNCTIONAL STRENGTH	1030 ZUMBA	1800 CYCLE
T 27	0800 CIRCUIT TRAINING (HIIT)			1800 ZUMBA		1015 ZUMBA	1730 MIXXEDFIT
W 28	0800 CIRCUIT TRAINING (HIIT)			1730 LES MILLSBOBYPUMP	0900 FUNCTIONAL STRENGTH	1015 CYCLE	1730 ZUMBA
T 29	0800 CIRCUIT TRAINING (HIIT)	0900 CIRCUIT TRAINING (HIIT)	1030 BARRE (TONING&SCULPT)	1730 MIXXEDFIT	1015 ZUMBA		
F 30	0800 CIRCUIT TRAINING (HIIT)		1030 LES MILLS BODYPUMP		0900 FUNCTIONAL STRENGTH	1000 ZUMBA	1130 BARRE (TONING&SCULPT)
S 31							

**Effective Oct 1, classes will be \$5 each.
Buy 10 classes and get one free with a \$50 Punch Pass.**

**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.**