



# SEPTEMBER 2026



|                                                                                           |    |                                 |                                 |                                                                                           |                             |               |                                                                                         |                               |  |
|-------------------------------------------------------------------------------------------|----|---------------------------------|---------------------------------|-------------------------------------------------------------------------------------------|-----------------------------|---------------|-----------------------------------------------------------------------------------------|-------------------------------|--|
| Collier Fitness Center BLDG. 1949<br>Aerobics Room A<br>DSN 755-1671 - COMM 050-3355-1671 |    |                                 |                                 | Zoeckler Fitness Center, BLDG. 1296<br>Aerobics Room<br>DSN 755-1679 - COMM 050-3355-1679 |                             |               | Turner Fitness Center, BLDG. 2063<br>Aerobics Room<br>DSN 755-1674 - COMM 050-3355-1674 |                               |  |
| T                                                                                         | 1  | 0800<br>CIRCUIT TRAINING (HIIT) | 0915<br>HIGH FITNESS            | 1800<br>ZUMBA                                                                             |                             | 1015<br>ZUMBA | 1730<br>MIXXEDFIT                                                                       | 0945<br>BARRE (TONING&SCULPT) |  |
| W                                                                                         | 2  | 0800<br>CIRCUIT TRAINING (HIIT) | 0915<br>LES MILLS BODYPUMP      | 1730<br>LES MILLSBOBYPUMP                                                                 | 0900<br>FUNCTIONAL STRENGTH | 1015<br>CYCLE | 1730<br>ZUMBA                                                                           | 1130<br>BARRE (TONING&SCULPT) |  |
| Th                                                                                        | 3  | 0800<br>CIRCUIT TRAINING (HIIT) | 0900<br>CIRCUIT TRAINING (HIIT) | 1030<br>BARRE (TONING&SCULPT)                                                             |                             |               |                                                                                         |                               |  |
| F                                                                                         | 4  | MWR ORG Day                     |                                 |                                                                                           |                             |               |                                                                                         |                               |  |
| S                                                                                         | 5  |                                 |                                 |                                                                                           |                             |               |                                                                                         |                               |  |
| Su                                                                                        | 6  |                                 |                                 |                                                                                           |                             |               |                                                                                         |                               |  |
| M                                                                                         | 7  | LABOR DAY HOLIDAY               |                                 |                                                                                           |                             |               |                                                                                         |                               |  |
| T                                                                                         | 8  |                                 | 0915<br>HIGH FITNESS            | 1800<br>ZUMBA                                                                             |                             | 1000<br>ZUMBA | 1730<br>MIXXEDFIT                                                                       |                               |  |
| W                                                                                         | 9  | 0800<br>CIRCUIT TRAINING (HIIT) | 0915<br>LES MILLS BODYPUMP      | 1730<br>LES MILLSBOBYPUMP                                                                 | 0900<br>FUNCTIONAL STRENGTH | 1015<br>CYCLE | 1730<br>ZUMBA                                                                           | 1130<br>BARRE (TONING&SCULPT) |  |
| Th                                                                                        | 10 | 0800<br>CIRCUIT TRAINING (HIIT) | 0900<br>CIRCUIT TRAINING (HIIT) | 1030<br>BARRE (TONING&SCULPT)                                                             | 1015<br>ZUMBA               |               |                                                                                         |                               |  |
| F                                                                                         | 11 | 0800<br>CIRCUIT TRAINING (HIIT) | 0915<br>HIGH FITNESS            |                                                                                           | 0900<br>FUNCTIONAL STRENGTH | 1000<br>ZUMBA | 1130<br>BARRE (TONING&SCULPT)                                                           |                               |  |
| S                                                                                         | 12 | 0800<br>CIRCUIT TRAINING (HIIT) | 0900<br>ZUMBA                   | 1030<br>BARRE (TONING&SCULPT)                                                             |                             |               |                                                                                         |                               |  |
| Su                                                                                        | 13 |                                 |                                 |                                                                                           |                             |               |                                                                                         |                               |  |
| M                                                                                         | 14 | 0800<br>CIRCUIT TRAINING (HIIT) | 0915<br>LES MILLS BODYPUMP      | 1730<br>LES MILLS BODYPUMP                                                                | 0900<br>FUNCTIONAL STRENGTH |               |                                                                                         | 0930<br>ZUMBA                 |  |
| T                                                                                         | 15 | 0800<br>CIRCUIT TRAINING (HIIT) | 0915<br>HIGH FITNESS            | 1730<br>ZUMBA                                                                             |                             | 1015<br>ZUMBA |                                                                                         | 0945<br>BARRE (TONING&SCULPT) |  |
| W                                                                                         | 16 | 0800<br>CIRCUIT TRAINING (HIIT) | 0915<br>LES MILLS BODYPUMP      | 1730<br>LES MILLSBOBYPUMP                                                                 | 0900<br>FUNCTIONAL STRENGTH | 1015<br>CYCLE | 1730<br>ZUMBA                                                                           | 1130<br>BARRE (TONING&SCULPT) |  |
| Th                                                                                        | 17 | 0800<br>CIRCUIT TRAINING (HIIT) | 0900<br>CIRCUIT TRAINING (HIIT) | 1030<br>BARRE (TONING&SCULPT)                                                             | 1015<br>ZUMBA               |               |                                                                                         |                               |  |
| F                                                                                         | 18 | 0800<br>CIRCUIT TRAINING (HIIT) | 0915<br>HIGH FITNESS            |                                                                                           | 0900<br>FUNCTIONAL STRENGTH | 1000<br>ZUMBA | 1130<br>BARRE (TONING&SCULPT)                                                           |                               |  |
| S                                                                                         | 19 |                                 |                                 |                                                                                           |                             |               |                                                                                         |                               |  |
| Su                                                                                        | 20 |                                 |                                 |                                                                                           |                             |               |                                                                                         |                               |  |
| M                                                                                         | 21 | 0800<br>CIRCUIT TRAINING (HIIT) | 0915<br>LES MILLS BODYPUMP      | 1730<br>LES MILLS BODYPUMP                                                                | 0900<br>FUNCTIONAL STRENGTH |               | 1800<br>CYCLE                                                                           | 0930<br>ZUMBA                 |  |
| T                                                                                         | 22 | 0800<br>CIRCUIT TRAINING (HIIT) | 0915<br>HIGH FITNESS            | 1730<br>ZUMBA                                                                             |                             | 1015<br>ZUMBA | 1730<br>MIXXEDFIT                                                                       | 0945<br>BARRE (TONING&SCULPT) |  |
| W                                                                                         | 23 | 0800<br>CIRCUIT TRAINING (HIIT) | 0915<br>LES MILLS BODYPUMP      | 1730<br>LES MILLSBOBYPUMP                                                                 | 0900<br>FUNCTIONAL STRENGTH |               | 1730<br>ZUMBA                                                                           | 1130<br>BARRE (TONING&SCULPT) |  |
| Th                                                                                        | 24 | 0800<br>CIRCUIT TRAINING (HIIT) | 0900<br>CIRCUIT TRAINING (HIIT) | 1030<br>BARRE (TONING&SCULPT)                                                             | 1015<br>ZUMBA               |               |                                                                                         |                               |  |
| F                                                                                         | 25 | CHUSEOK HOLIDAY                 |                                 |                                                                                           |                             |               |                                                                                         |                               |  |
| S                                                                                         | 26 |                                 |                                 |                                                                                           |                             |               |                                                                                         |                               |  |
| Su                                                                                        | 27 |                                 |                                 |                                                                                           |                             |               |                                                                                         |                               |  |
| M                                                                                         | 28 | 0800<br>CIRCUIT TRAINING (HIIT) | 0915<br>LES MILLS BODYPUMP      | 1730<br>LES MILLS BODYPUMP                                                                | 0900<br>FUNCTIONAL STRENGTH |               | 1800<br>CYCLE                                                                           | 0930<br>ZUMBA                 |  |
| T                                                                                         | 29 | 0800<br>CIRCUIT TRAINING (HIIT) | 0915<br>HIGH FITNESS            | 1730<br>ZUMBA                                                                             |                             | 1015<br>ZUMBA | 1730<br>MIXXEDFIT                                                                       | 0945<br>BARRE (TONING&SCULPT) |  |
| W                                                                                         | 30 | 0800<br>CIRCUIT TRAINING (HIIT) | 0915<br>LES MILLS BODYPUMP      | 1730<br>LES MILLSBOBYPUMP                                                                 | 0900<br>FUNCTIONAL STRENGTH | 1015<br>CYCLE | 1730<br>ZUMBA                                                                           | 1130<br>BARRE (TONING&SCULPT) |  |

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.**

**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.**