



August 2025

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

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