



MARCH 2026

Collier Community Fitness Center (CCFC) BLDG. 1949
Aerobics Room A

Zoeckler Fitness Center, BLDG. 1296
Aerobics Room

Su 1	Collier Community Fitness Center (CCFC) BLDG. 1949					Zoeckler Fitness Center, BLDG. 1296		
M 2	0530 VINYASA FLOW YOGA	0800 CIRCUIT TRAINING (HIIT)	0915 LES MILLS BODYPUMP	1030 CARDIO DANCE FUSION	1730 ZUMBA	0900 FUNCTIONAL STRENGTH		1800 CYCLE
T 3		0800 CIRCUIT TRAINING (HIIT)	0915 HIGH FITNESS	1030 CIRCUIT TRAINING (HIIT)	1800 ZUMBA		1015 ZUMBA	
W 4	0530 VINYASA FLOW YOGA	0800 CIRCUIT TRAINING (HIIT)	0915 LES MILLS BODYPUMP	1200 TONING & SCULPT		0900 FUNCTIONAL STRENGTH	1015 CYCLE	1730 ZUMBA
Th 5		0800 CIRCUIT TRAINING (HIIT)	0900 CARDIO DANCE FUSION	1030 TONING & SCULPT		1015 ZUMBA		1730 STEP AEROBICS XHH BEG
F 6	0530 VINYASA FLOW YOGA	0800 CIRCUIT TRAINING (HIIT)	0915 HIGH FITNESS	1030 ZUMBA			1100 TONING & SCULPT	1530 FUNCTIONAL STRENGTH
S 7		0800 TONING & SCULPT	0900 CARDIO DANCE FUSION					
Su 8								
M 9	0530 VINYASA FLOW YOGA	0800 CIRCUIT TRAINING (HIIT)	0915 LES MILLS BODYPUMP	1030 CARDIO DANCE FUSION	1730 ZUMBA	0900 FUNCTIONAL STRENGTH		1800 CYCLE
T 10		0800 CIRCUIT TRAINING (HIIT)	0915 HIGH FITNESS	1030 CIRCUIT TRAINING (HIIT)	1800 ZUMBA		1015 ZUMBA	
W 11	0530 VINYASA FLOW YOGA	0800 CIRCUIT TRAINING (HIIT)	0915 LES MILLS BODYPUMP	1200 TONING & SCULPT		0900 FUNCTIONAL STRENGTH	1015 CYCLE	1730 ZUMBA
Th 12		0800 CIRCUIT TRAINING (HIIT)	0900 CARDIO DANCE FUSION	1030 TONING & SCULPT		1015 ZUMBA		1730 STEP AEROBICS XHH BEG
F 13	0530 VINYASA FLOW YOGA	0800 CIRCUIT TRAINING (HIIT)	0915 HIGH FITNESS	1030 ZUMBA			1100 TONING & SCULPT	1530 FUNCTIONAL STRENGTH
S 14		0800 TONING & SCULPT	0900 CARDIO DANCE FUSION	1030 STEP AEROBICS XHH ADV				
Su 15								
M 16	0530 VINYASA FLOW YOGA	0800 CIRCUIT TRAINING (HIIT)	0915 LES MILLS BODYPUMP	1030 CARDIO DANCE FUSION	1730 ZUMBA	0900 FUNCTIONAL STRENGTH		1800 CYCLE
T 17		0800 CIRCUIT TRAINING (HIIT)	0915 HIGH FITNESS	1030 CIRCUIT TRAINING (HIIT)	1800 ZUMBA		1015 ZUMBA	
W 18	0530 VINYASA FLOW YOGA	0800 CIRCUIT TRAINING (HIIT)	0915 LES MILLS BODYPUMP	1200 TONING & SCULPT		0900 FUNCTIONAL STRENGTH	1015 CYCLE	1730 ZUMBA
Th 19		0800 CIRCUIT TRAINING (HIIT)	0900 CARDIO DANCE FUSION	1030 TONING & SCULPT		1015 ZUMBA		1730 STEP AEROBICS XHH BEG
F 20	0530 VINYASA FLOW YOGA	0800 CIRCUIT TRAINING (HIIT)	0915 HIGH FITNESS	1030 ZUMBA			1100 TONING & SCULPT	1530 FUNCTIONAL STRENGTH
S 21		0800 TONING & SCULPT	0900 CARDIO DANCE FUSION					
Su 22								
M 23	0530 VINYASA FLOW YOGA	0800 CIRCUIT TRAINING (HIIT)	0915 LES MILLS BODYPUMP	1030 CARDIO DANCE FUSION	1730 ZUMBA	0900 FUNCTIONAL STRENGTH		1800 CYCLE
T 24		0800 CIRCUIT TRAINING (HIIT)	0915 HIGH FITNESS	1030 CIRCUIT TRAINING (HIIT)	1800 ZUMBA		1015 ZUMBA	
W 25	0530 VINYASA FLOW YOGA	0800 CIRCUIT TRAINING (HIIT)	0915 LES MILLS BODYPUMP	1200 TONING & SCULPT		0900 FUNCTIONAL STRENGTH	1015 CYCLE	1730 ZUMBA
Th 26		0800 CIRCUIT TRAINING (HIIT)	0900 CARDIO DANCE FUSION	1030 TONING & SCULPT		1015 ZUMBA		1730 STEP AEROBICS XHH BEG
F 27		0800 CIRCUIT TRAINING (HIIT)					1100 TONING & SCULPT	
S 28		0800 TONING & SCULPT	0900 CARDIO DANCE FUSION	1030 STEP AEROBICS XHH ADV				
Su 29								
M 30		0800 CIRCUIT TRAINING (HIIT)		1030 CARDIO DANCE FUSION	1730 ZUMBA			
T 31		0800 CIRCUIT TRAINING (HIIT)		1030 CIRCUIT TRAINING (HIIT)	1800 ZUMBA		1015 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.**

