



DECEMBER 2024

	Collier Community Fitness Center (CCFC) BLDG. 1949 Aerobics Room A			Zoeckler Fitness Center, BLDG. 1296 Aerobics Room			Turner Fitness Center, BLDG. 2063 Aerobics Room		
Su 1									
M 2	0915 LES MILLS BODYPUMP	1015 VINYASA FLOW YOGA		0900 FUNCTIONAL STRENGTH	1000 FUNCTIONAL STRENGTH				
T 3	0900 HIGH FITNESS		1800 ZUMBA		1015 ZUMBA				
W 4	0915 LES MILLS BODYPUMP	1015 VINYASA FLOW YOGA		0900 FUNCTIONAL STRENGTH	1000 FUNCTIONAL STRENGTH	1730 ZUMBA			
Th 5				1015 ZUMBA					
F 6	0900 HIGH FITNESS			0930 CYCLE					
S 7									
Su 8									
M 9	0915 LES MILLS BODYPUMP	1015 VINYASA FLOW YOGA		0900 FUNCTIONAL STRENGTH	1000 FUNCTIONAL STRENGTH				
T 10	0900 HIGH FITNESS		1800 ZUMBA		1015 ZUMBA				
W 11	0915 LES MILLS BODYPUMP	1015 VINYASA FLOW YOGA		0900 FUNCTIONAL STRENGTH	1000 FUNCTIONAL STRENGTH	1730 ZUMBA			
Th 12				1015 ZUMBA					
F 13	0900 HIGH FITNESS	1015 VINYASA FLOW YOGA		0930 CYCLE					
S 14									
Su 15									
M 16	0915 LES MILLS BODYPUMP	1015 VINYASA FLOW YOGA		0900 FUNCTIONAL STRENGTH	1000 FUNCTIONAL STRENGTH				
T 17	0900 HIGH FITNESS		1800 ZUMBA		1015 ZUMBA				
W 18	0915 LES MILLS BODYPUMP	1015 VINYASA FLOW YOGA		0900 FUNCTIONAL STRENGTH	1000 FUNCTIONAL STRENGTH	1730 ZUMBA			
Th 19									
F 20	0900 HIGH FITNESS	1015 VINYASA FLOW YOGA		0930 CYCLE					
S 21									
Su 22									
M 23		1015 VINYASA FLOW YOGA							
T 24			1745 ZUMBA		1015 ZUMBA				
W 25	CHRISTMAS HOLIDAY								
Th 26				1015 ZUMBA					
F 27		1015 VINYASA FLOW YOGA		0930 CYCLE					
S 28									
Su 29									
M 30		1015 VINYASA FLOW YOGA							
T 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.**

Full class descriptions can be viewed at [www.https://humphreys.armymwr.com/](https://humphreys.armymwr.com/).

Class times are subject to change. For updates, cancellations and notifications join the [Humphreys MWR Fitness Group](#) on Facebook.



Collier Community Fitness Center
DSN 755-1671 - COMM 050-3355-1671

Zoeckler Fitness Center
DSN 755-1679 - COMM 050-3355-1679

Turner Fitness Center
DSN 755-1674 - COMM 050-3355-1674