

**Classes are subject to
change &
cancellations.**

MARCH 2019

USAG HUMPHREYS FITNESS & AEROBICS SCHEDULE

FUNCTIONAL FITNESS

05:15, 09:00 & 17:45 M-

F

**EXCEPT FEDERAL
HOLIDAYS**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|--|---|-------------------------------|--|--------|
| | | | | 0900 Fusion (Elissa) Zeockler | 0830 Spin (Cynthia) Turner 1000 Yoga (Abby) Collier | |
| | | | | 1 | 2 | 3 |
| 0900 Fusion (Elissa) Zeockler 1015Yoga (Abby)Zeockler 1800 Zumba (Sierra) Zoeckler | 1730 Fusion (Elissa) Collier | 0900 Fusion (Elissa) Zeockler 1015Yoga (Abby)Zeockler 1200 Bootcamp(Cynthia)Collier 1730 Yoga (Abby) Turner | 0900 HIIT (Alyssa) Collier 1000 Little & Me Yoga (Abby)Collier 1700 Fusion (Elissa) Collier 1730 Spin (Cynthia) Turner | 0900 Fusion (Elissa) Zeockler | 0830 Spin (Cynthia) Turner 1000 Yoga (Abby) Collier | |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 0900 Fusion (Elissa) Zeockler 1015Yoga (Abby)Zeockler 1800 Zumba (Sierra) Zoeckler | 1730 Spin (Cynthia) Turner 1730 Fusion (Elissa) Collier | 0900 Fusion (Elissa) Zeockler 1015Yoga (Abby)Zeockler 1200 Bootcamp(Cynthia)Collier 1730 Yoga (Abby) Turner | 0900 HIIT (Alyssa) Collier 1000 Little & Me Yoga (Abby)Collier 1700 Fusion (Elissa) Collier 1730 Spin (Cynthia) Turner | 0900 Fusion (Elissa) Zeockler | 0830 Spin (Cynthia) Turner 1000 Yoga (Abby) Collier | |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 1015Yoga (Abby)Zeockler 1800 Zumba (Sierra) Zoeckler | 1730 Spin (Cynthia) Turner 1730 Fusion (Elissa) Collier | 0900 Fusion (Elissa) Zeockler 1015Yoga (Abby)Zeockler 1200 Bootcamp(Cynthia)Collier 1730 Yoga (Abby) Turner | 0900 HIIT (Alyssa) Collier 1000 Little & Me Yoga (Abby)Collier 1700 Fusion (Elissa) Collier 1730 Spin (Cynthia) Turner | 0900 Fusion (Elissa) Zeockler | 0830 Spin (Cynthia) Turner 1000 Yoga (Abby) Collier | |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 0900 Fusion (Elissa) Zeockler 1015Yoga (Abby)Zeockler 1800 Zumba (Sierra) Zoeckler | 1730 Spin (Cynthia) Turner 1730 Fusion (Elissa) Collier | 0900 Fusion (Elissa) Zeockler 1015Yoga (Abby)Zeockler 1200 Bootcamp(Cynthia)Collier 1730 Yoga (Abby) Turner | 0900 HIIT (Alyssa) Collier 1000 Little & Me Yoga (Abby)Collier 1700 Fusion (Elissa) Collier 1730 Spin (Cynthia) Turner | 0900 Fusion (Elissa) Zeockler | 0830 Spin (Cynthia) Turner 1000 Yoga (Abby) Collier | |
| 25 | 26 | 6 | 28 | 29 | 30 | 31 |

**If you have concerns and suggestions, please contact
Ms. Alyssa Pates, Fitness Coordinator @ 753-8104 or
alyssa.b.pates.naf@mail.mil**

Personal Training

Cassidy Nixon: 010-2132-4307, mrcassidynixon@gmail.com
Michelle Torgersen: 010-7411-1811, keepsmiling7.nv@gmail.com



**Collier Community
Fitness Center**
DSN 753-8031/8810

**Sitman Physical
Fitness Center**
DSN 754-2141/2142

**Turner
Fitness Center**
DSN 753-5970/5971

**Zoeckler
Fitness Center**
DSN 754-8083/8084



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