



FEBRUARY 2025

Collier Community Fitness Center (CCFC) BLDG. 1949 Aerobics Room A			Zoeckler Fitness Center, BLDG. 1296 Aerobics Room			Turner Fitness Center, BLDG. 2063 Aerobics Room		
S 1	0815 LES MILLS BODYPUMP							
Su 2								
M 3	0915 LES MILLS BODYPUMP	1030 VINYASA FLOW YOGA		0900 FUNCTIONAL STRENGTH	1000 FUNCTIONAL STRENGTH			
T 4			1800 ZUMBA		1015 ZUMBA			
W 5	0915 LES MILLS BODYPUMP			0900 FUNCTIONAL STRENGTH	1000 FUNCTIONAL STRENGTH	1730 ZUMBA		
Th 6				1015 ZUMBA				
F 7	0915 HIGH FITNESS			0930 CYCLE				
S 8	0815 LES MILLS BODYPUMP							
Su 9								
M 10	0915 LES MILLS BODYPUMP	1030 VINYASA FLOW YOGA		0900 FUNCTIONAL STRENGTH	1000 FUNCTIONAL STRENGTH			
T 11	0915 HIGH FITNESS		1800 ZUMBA		1015 ZUMBA			
W 12	0915 LES MILLS BODYPUMP	1030 VINYASA FLOW YOGA		0900 FUNCTIONAL STRENGTH	1000 FUNCTIONAL STRENGTH	1730 ZUMBA		
Th 13				1015 ZUMBA				
F 14	0915 HIGH FITNESS	1030 VINYASA FLOW YOGA		0930 CYCLE				
S 15	FITNESS EXPO 2025							
Su 16								
M 17	US HOLIDAY							
T 18	0915 HIGH FITNESS		1800 ZUMBA		1015 ZUMBA			
W 19	0915 LES MILLS BODYPUMP	1030 VINYASA FLOW YOGA		0900 FUNCTIONAL STRENGTH	1000 FUNCTIONAL STRENGTH	1730 ZUMBA		
Th 20				1015 ZUMBA				
F 21	0915 HIGH FITNESS	1030 VINYASA FLOW YOGA		0930 CYCLE				
S 22	0815 LES MILLS BODYPUMP							
Su 23								
M 24	0915 LES MILLS BODYPUMP	1030 VINYASA FLOW YOGA		0900 FUNCTIONAL STRENGTH	1000 FUNCTIONAL STRENGTH	1800 CYCLE		
T 25	0915 HIGH FITNESS		1800 ZUMBA		1015 ZUMBA			
W 26	0915 LES MILLS BODYPUMP	1030 VINYASA FLOW YOGA		0900 FUNCTIONAL STRENGTH	1000 FUNCTIONAL STRENGTH	1730 ZUMBA		
Th 27				1015 ZUMBA				
F 28	0915 HIGH FITNESS	1030 VINYASA FLOW YOGA		0930 CYCLE				

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