



AUGUST 2026

Collier Fitness Center BLDG. 1949 Aerobics Room A				Zoeckler Fitness Center, BLDG. 1296 Aerobics Room			Turner Fitness Center, BLDG. 2063 Aerobics Room
S 1			1030 STEP AEROBICS XHH ADV				
Su 2							
M 3	0530 VINYASA FLOW YOGA		0915 LES MILLS BODYPUMP	0900 FUNCTIONAL STRENGTH		1800 CYCLE	
T 4			0915 HIGH FITNESS		1015 ZUMBA		
W 5	0530 VINYASA FLOW YOGA		0915 LES MILLS BODYPUMP	0900 FUNCTIONAL STRENGTH	1015 CYCLE	1730 ZUMBA	
Th 6				1015 ZUMBA			
F 7	0530 VINYASA FLOW YOGA			0900 FUNCTIONAL STRENGTH			
S 8							
Su 9							
M 10				0900 FUNCTIONAL STRENGTH		1800 CYCLE	
T 11			1800 ZUMBA		1015 ZUMBA		
W 12			0915 Hyatt LES MILLS BODYPUMP	0900 FUNCTIONAL STRENGTH	1015 CYCLE	1730 ZUMBA	
Th 13				1015 ZUMBA			
F 14	0530 VINYASA FLOW YOGA		0915 HIGH FITNESS	0900 FUNCTIONAL STRENGTH			
S 15		0800 CIRCUIT TRAINING (HIIT)	0900 ZUMBA				
Su 16							
M 17	0530 VINYASA FLOW YOGA	0800 CIRCUIT TRAINING (HIIT)	0915 LES MILLS BODYPUMP	0900 FUNCTIONAL STRENGTH		1800 CYCLE	0930 ZUMBA
T 18		0800 CIRCUIT TRAINING (HIIT)	0915 HIGH FITNESS		1015 ZUMBA		0930 BARRE (TONING&SCULPT)
W 19	0530 VINYASA FLOW YOGA	0800 CIRCUIT TRAINING (HIIT)	0915 LES MILLS BODYPUMP	0900 FUNCTIONAL STRENGTH	1015 CYCLE	1730 ZUMBA	1130 BARRE (TONING&SCULPT)
Th 20		0800 CIRCUIT TRAINING (HIIT)	0900 CIRCUIT TRAINING (HIIT)	1015 ZUMBA			
F 21	0530 VINYASA FLOW YOGA	0800 CIRCUIT TRAINING (HIIT)	0915 HIGH FITNESS	0900 FUNCTIONAL STRENGTH	1000 ZUMBA	1130 BARRE (TONING&SCULPT)	
S 22		0800 CIRCUIT TRAINING (HIIT)	0900 ZUMBA				
Su 23							
M 24	0530 VINYASA FLOW YOGA	0800 CIRCUIT TRAINING (HIIT)	0915 LES MILLS BODYPUMP	0900 FUNCTIONAL STRENGTH		1800 CYCLE	0930 ZUMBA
T 25		0800 CIRCUIT TRAINING (HIIT)	0915 HIGH FITNESS		1015 ZUMBA		0930 BARRE (TONING&SCULPT)
W 26	0530 VINYASA FLOW YOGA	0800 CIRCUIT TRAINING (HIIT)	0915 LES MILLS BODYPUMP	0900 FUNCTIONAL STRENGTH	1015 CYCLE	1730 ZUMBA	1130 BARRE (TONING&SCULPT)
Th 27		0800 CIRCUIT TRAINING (HIIT)	0900 CIRCUIT TRAINING (HIIT)	1015 ZUMBA			
F 28	0530 VINYASA FLOW YOGA	0800 CIRCUIT TRAINING (HIIT)	0915 HIGH FITNESS	0900 FUNCTIONAL STRENGTH	1000 ZUMBA	1130 BARRE (TONING&SCULPT)	
S 29		0800 CIRCUIT TRAINING (HIIT)	0900 ZUMBA				
Su 30							
M 31	0530 VINYASA FLOW YOGA	0800 CIRCUIT TRAINING (HIIT)	0915 LES MILLS BODYPUMP	0900 FUNCTIONAL STRENGTH		1800 CYCLE	0930 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.**



Collier 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