

# December 2025

| Collier Community Fitness Center (CCFC) BLDG. 1949<br>Aerobics Room A |                           |                               |                            | Zoeckler Fitness Center, BLDG. 1296<br>Aerobics Room |                             |                               |
|-----------------------------------------------------------------------|---------------------------|-------------------------------|----------------------------|------------------------------------------------------|-----------------------------|-------------------------------|
| M 1                                                                   | 0530<br>VINYASA FLOW YOGA |                               | 0915<br>LES MILLS BODYPUMP |                                                      | 0900<br>FUNCTIONAL STRENGTH | 1800<br>CYCLE                 |
| T 2                                                                   |                           | 0915<br>HIGH FITNESS          |                            | 1800<br>ZUMBA                                        | 1015<br>ZUMBA               |                               |
| W 3                                                                   | 0530<br>VINYASA FLOW YOGA | 0915<br>LES MILLS BODYPUMP    |                            |                                                      | 0900<br>FUNCTIONAL STRENGTH | 1730<br>ZUMBA                 |
| Th 4                                                                  |                           |                               |                            | 1800<br>LES MILLS BODYPUMP                           | 1015<br>ZUMBA               | 1730<br>STEP AEROBICS XHH BEG |
| F 5                                                                   | 0530<br>VINYASA FLOW YOGA |                               | 0915<br>HIGH FITNESS       |                                                      | 0930<br>CYCLE               |                               |
| S 6                                                                   |                           | 1030<br>STEP AEROBICS XHH ADV |                            |                                                      |                             |                               |
| Su 7                                                                  |                           |                               |                            |                                                      |                             |                               |
| M 8                                                                   | 0530<br>VINYASA FLOW YOGA |                               | 0915<br>LES MILLS BODYPUMP |                                                      | 0900<br>FUNCTIONAL STRENGTH | 1800<br>CYCLE                 |
| T 9                                                                   |                           | 0915<br>HIGH FITNESS          |                            | 1800<br>ZUMBA                                        | 1015<br>ZUMBA               |                               |
| W 10                                                                  | 0530<br>VINYASA FLOW YOGA | 0915<br>LES MILLS BODYPUMP    |                            |                                                      | 0900<br>FUNCTIONAL STRENGTH | 1730<br>ZUMBA                 |
| Th 11                                                                 |                           |                               |                            | 1800<br>LES MILLS BODYPUMP                           | 1015<br>ZUMBA               | 1730<br>STEP AEROBICS XHH BEG |
| F 12                                                                  | 0530<br>VINYASA FLOW YOGA |                               | 0915<br>HIGH FITNESS       |                                                      | 0930<br>CYCLE               |                               |
| S 13                                                                  |                           | 1030<br>STEP AEROBICS XHH ADV |                            |                                                      |                             |                               |
| Su 14                                                                 |                           |                               |                            |                                                      |                             |                               |
| M 15                                                                  | 0530<br>VINYASA FLOW YOGA |                               | 0915<br>LES MILLS BODYPUMP |                                                      | 0900<br>FUNCTIONAL STRENGTH | 1800<br>CYCLE                 |
| T 16                                                                  |                           | 0915<br>HIGH FITNESS          |                            | 1800<br>ZUMBA                                        | 1015<br>ZUMBA               |                               |
| W 17                                                                  | 0530<br>VINYASA FLOW YOGA | 0915<br>LES MILLS BODYPUMP    |                            |                                                      | 0900<br>FUNCTIONAL STRENGTH | 1730<br>ZUMBA                 |
| Th 18                                                                 |                           |                               |                            | 1800<br>LES MILLS BODYPUMP                           | 1015<br>ZUMBA               | 1730<br>STEP AEROBICS XHH BEG |
| F 19                                                                  | 0530<br>VINYASA FLOW YOGA |                               | 0915<br>HIGH FITNESS       |                                                      | 0930<br>CYCLE               |                               |
| S 20                                                                  |                           | 1030<br>STEP AEROBICS XHH ADV |                            |                                                      |                             |                               |
| Su 21                                                                 |                           |                               |                            |                                                      |                             |                               |
| M 22                                                                  | 0530<br>VINYASA FLOW YOGA |                               |                            |                                                      |                             | 1800<br>CYCLE                 |
| T 23                                                                  |                           |                               |                            | 1800<br>ZUMBA                                        | 1015<br>ZUMBA               |                               |
| W 24                                                                  | 0530<br>VINYASA FLOW YOGA |                               |                            |                                                      |                             | 1730<br>ZUMBA                 |
| Th 25                                                                 | CHRISTMAS HOLIDAY         |                               |                            |                                                      |                             |                               |
| F 26                                                                  |                           |                               |                            |                                                      |                             |                               |
| S 27                                                                  |                           |                               |                            |                                                      |                             |                               |
| Su 28                                                                 |                           |                               |                            |                                                      |                             |                               |
| M 29                                                                  | 0530<br>VINYASA FLOW YOGA |                               |                            |                                                      |                             | 1800<br>CYCLE                 |
| T 30                                                                  |                           |                               |                            | 1800<br>ZUMBA                                        | 1015<br>ZUMBA               |                               |
| W 31                                                                  | 0530<br>VINYASA FLOW YOGA |                               |                            |                                                      |                             |                               |

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

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