

Classes are subject to change & cancellations.

PAID CLASSES \$3/CLASS
For more information, please, call Collier
Fitness Center @ 753-8031

DECEMBER 2018

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
					0830 Spin (Cynthia) Zeockler 1000 Yoga (Abby) Collier	
					1	2
0900 Strong (Sierra) Zeockler 1800 Zumba (Seung) Zeockler	1000 Z-Dance *(Nicholas)Zeockler 1730 Spin (Cynthia) Zeockler 0930 Little & Me Yoga(Abby)Collier	0900 Strong (Sierra) Zeockler 1800 Zumba (Seung) Zeockler 0930 Yoga (Abby) Collier	0815 Spin (Cynthia) Zeockler 1000 Z-Dance *(Nicholas)Zeockler	0900 Strong (Sierra) Zeockler	0830 Spin (Cynthia) Zeockler 1000 Yoga (Abby) Collier	
3	4	5	6	7	8	9
0900 Strong (Sierra) Zeockler	1730 Spin (Cynthia) Zeockler	0900 Strong (Sierra) Zeockler 1800 Zumba (Seung) Zeockler	0815 Spin (Cynthia) Zeockler 1700 Fusion (Elissa) Collier	0900 Strong (Sierra) Zeockler	0830 Spin (Cynthia) Zeockler	
10	11	12	13	14	15	16
1015 Strength60(Elissa)Zeockler 1800 Zumba (Seung) Zeockler	1730 Fusion (Elissa) Collier	1015 Strength60(Elissa)Zeockler	1700 Fusion (Elissa) Collier			
17	18	19	20	21	22	23
			1700 Fusion (Elissa) Collier			
24/31	25	26	27	28	29	30

Personal Training

Cassidy Nixon: 010-2132-4307, mrcassidynixon@gmail.com

Michelle Torgersen: 010-7411-1811, keepsmiling7.nv@gmail.com

Cynthia Clagg: 010-5749-5509, cynthiaclagg@yahoo.com

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



Collier
Fitness Center
DSN 753-8031

Turner
Fitness Center
DSN 753-5971

Zeockler
Fitness Center
DSN 754-8083

Sitman
Fitness Center
DSN 754-2142

