

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

May 2019

USAG HUMPHREYS FITNESS & AEROBICS SCHEDULE

FUNCTIONAL FITNESS

05:15 & 09:00 Mon-Fri
17:45 Mon & Wed
EXCEPT FEDERAL HOLIDAYS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		0900 Fusion (Elissa) Zoeckler 1015Yoga (Abby) Zoeckler 1800 Zumba (Sierra) Zoeckler	0900 HIIT (Alyssa) Collier 1000 Little & Me Yoga(Abby)Collier 1700 Fusion (Elissa) Collier 1730 Spin (Cynthia) Turner 1800 Bootcamp(Maria)Zoeck	0900 Yoga (Steph) Collier 0900 Fusion (Elissa) Zoeckler	0830 Spin (Cynthia) Turner 0845 Kickboxing (Laura) Collier 1000 Yoga (Abby) Collier	
		1	2	3	4	5
0900 Fusion (Elissa) Zoeckler 1015Yoga(Abby)Zoeckler 1700 S&C (Laura) Collier 1800 Zumba (Sierra) Zoeckler	0900 Yoga (Steph) Collier 1000 Bootcamp(Cynthia) Collier 1730 Fusion (Elissa) Collier 1730 Spin (Cynthia) Turner 1800 Bootcamp(Maria)Zoeck	0900 Fusion (Elissa) Zoeckler 1015Yoga (Abby) Zoeckler 1800 Zumba (Sierra) Zoeckler	0900 HIIT (Alyssa) Collier 1000 Little & Me Yoga(Abby)Collier 1700 Fusion (Elissa) Collier 1730 Spin (Cynthia) Turner 1800 Bootcamp(Maria)Zoeck	0900 Yoga (Steph) Collier 0900 Fusion (Elissa) Zoeckler	0830 Spin (Cynthia) Turner 0845 Kickboxing (Laura) Collier 1000 Yoga (Abby) Collier	
6	14	8	9	10	11	12
0900 Fusion (Elissa) Zoeckler 1015Yoga(Abby)Zoeckler 1700 S&C (Laura) Collier 1800 Zumba (Sierra) Zoeckler	0900 Yoga (Steph) Collier 1000 Bootcamp(Cynthia) Collier 1730 Fusion (Elissa) Collier 1730 Spin (Cynthia) Turner 1800 Bootcamp(Maria)Zoeck	0900 Fusion (Elissa) Zoeckler 1015Yoga (Abby) Zoeckler 1800 Zumba (Sierra) Zoeckler	0900 HIIT (Alyssa) Collier 1000 Little & Me Yoga(Abby)Collier 1700 Fusion (Elissa) Collier 1730 Spin (Cynthia) Turner 1800 Bootcamp(Maria)Zoeck	0900 Fusion (Elissa) Zoeckler	0830 Spin (Cynthia) Turner 0845 Kickboxing (Laura) Collier 1000 Yoga (Abby) Collier	
13	14	15	16	17	18	19
0900 Fusion (Elissa) Zoeckler 1015Yoga(Abby)Zoeckler 1700 S&C (Laura) Collier 1800 Zumba (Sierra) Zoeckler	1000 Bootcamp(Cynthia) Collier 1730 Fusion (Elissa) Collier 1730 Spin (Cynthia) Turner 1800 Bootcamp(Maria)Zoeckler	0900 Fusion (Elissa) Zoeckler 1015Yoga (Abby) Zoeckler 1800 Zumba (Sierra) Zoeckler	0900 HIIT (Alyssa) Collier 1000 Little & Me Yoga(Abby)Collier 1700 Fusion (Elissa) Collier 1730 Spin (Cynthia) Turner 1800 Bootcamp(Maria)Zoeck	0900 Fusion (Elissa) Zoeckler	0830 Spin (Cynthia) Turner 0845 Kickboxing (Laura) Collier 1000 Yoga (Abby) Collier	
20	21	22	23	24	25	26
 MEMORIAL DAY	0900 Yoga (Steph) Collier 1000 Bootcamp(Cynthia) Collier 1730 Fusion (Elissa) Collier 1730 Spin (Cynthia) Turner 1800 Bootcamp(Maria)Zoeck	0900 Fusion (Elissa) Zoeckler 1015Yoga (Abby) Zoeckler 1800 Zumba (Sierra) Zoeckler	0900 HIIT (Alyssa) Collier 1000 Little & Me Yoga(Abby)Collier 1700 Fusion (Elissa) Collier 1730 Spin (Cynthia) Turner 1800 Bootcamp(Maria)Zoeck	0900 Yoga (Steph) Collier 0900 Fusion (Elissa) Zoeckler		
27	28	29	30	31		

Classes are subject to cancellations.

Personal Trainers

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

Maria Cerra: 010-2941-3156, cerafitness@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



