

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

June 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
					0830 Spin (Cynthia) Turner 0845 Kickboxing (Laura) Collier 1000 Yoga (Abby) Collier	
					1	2
0900 Fusion (Elissa) Zoeckler 1015Yoga(Abby)Zoeckler 1700 S&C (Laura) Collier 1800 Zumba (Sierra) Zoeckler	0900 Yoga (Steph) Collier 1730 Fusion (Elissa) Collier 1730 Spin (Cynthia) Turner	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(Laura)Zoeck	0900 Yoga (Steph) Collier 0900 Fusion (Elissa) Zoeckler	0830 Spin (Cynthia) Turner 0845 Kickboxing (Laura) Collier 1000 Yoga (Abby) Collier	
3	4	5	6	7	8	9
0900 Fusion (Elissa) Zoeckler 1015Yoga(Abby)Zoeckler 1700 S&C (Laura) Collier 1800 Zumba (Sierra) Zoeckler	0900 Yoga (Steph) Collier 1730 Fusion (Elissa) Collier 1730 Spin (Cynthia) Turner 1800 Bootcamp (Laura)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 Bootcamo(Laura)Zoeck	0900 Yoga (Steph) Collier 0900 Fusion (Elissa) Zoeckler	0830 Spin (Cynthia) Turner 0845 Kickboxing (Laura) Collier 1000 Yoga (Abby) Collier	
10	11	12	13	14	15	16
0900 Fusion (Elissa) Zoeckler 1015Yoga(Steph)Zoeckler 1700 S&C (Laura) Collier 1800 Zumba (Sierra) Zoeckler	0900 Yoga (Steph) Collier 1730 Fusion (Elissa) Collier 1800 Bootcamp (Laura)Zoeckler	0900 Fusion (Elissa) Zoeckler 1015Yoga (Steph) Zoeckler 1800 Zumba (Sierra) Zoeckler	0900 HIIT (Alyssa) Collier 1700 Fusion (Elissa) Collier 1800 Bootcamp (Maria)Zoeckler	0900 Yoga (Steph) Collier 0900 Fusion (Elissa) Zoeckler	1000 Yoga (Steph) Collier	
17	18	19	20	21	22	23
0900 Fusion (Elissa) Zoeckler 1015Yoga(Steph)Zoeckler 1700 S&C (Laura) Collier 1800 Zumba (Sierra) Zoeckler	0900 Yoga (Steph) Collier 1730 Fusion (Elissa) Collier 1730 Spin (Cynthia) Turner 1800 Bootcamp(Maria)Zoeckler	0900 Fusion (Elissa) Zoeckler 1015Yoga (Steph) Zoeckler 1800 Zumba (Sierra) Zoeckler	0900 HIIT (Alyssa) Collier 1700 Fusion (Elissa) Collier 1730 Spin (Cynthia) Turner 1800 Bootcamp(Maria)Zoeckler	0900 Yoga (Steph) Collier 0900 Fusion (Elissa) Zoeckler	0830 Spin (Cynthia) Turner 0845 Kickboxing (Laura) Collier 1000 Yoga (Steph) Collier	
24	25	26	27	28	29	30

Personal Trainers

Cynthia Clagg: 010-5749-5509, cynthiacagg@yahoo.com
Maria Cerra: 010-2941-3156, cerrafitness@gmail.com



Collier Community
Fitness Center
DSN 753-8031/8810

Sitman Physical
Fitness Center
DSN 757-1151/1152

Turner
Fitness Center
DSN 753-5970/5971

Zoeckler
Fitness Center
DSN 754-8083/8084



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