2009 DFMWR AEROBICS/FITNESS CLASSES

1-Sep-09

COLLIER FIELD HOUSE

Aerobics	Mon, Wed & Fri	0600-0700, 0830-0930, 1645-1745 & 1800-1900
	Tue & Thu	1130-1230 "Lunchtime Cardio Slam"
Pilates	Tue & Thu	1800-1930
Yoga	Tue & Thu	0830-0930 & 1715-1815
	Sat	0900-1000
Spin	Tues, Wed & Thu	0600-0700
	Mon, Tue , Wed & Thu	1715-1815
Martial Arts	Mon, Wed & Fri	1130-1245,1715-1815 & 1930-2100
	Tue, Wed & Thu	1515-1630
	Sat	0900-1000

TRENT GYMNASIUM

Aerobics	Mon, Wed & Fri	0830-0930
Zumba	Mon, Wed & Fri	0830-0930
	Tue & Thu	1730-1830
Martial Arts	Mon, Wed & Fri	1100-1230 & 1830-2000
	Tue, Wed & Thu	1900-2030

HANNAM FITNESS CENTER

Aerobics	Tue & Thu	1900-2000
Yoga	Mon & wed	1800-1900

K-16 GYMNASIUM

Aerobics	Mon & Wed	1730-1830

ALL DFMWR CLASSES ARE FREE! PLEASE ARRIVE ON TIME...

Call Sports Branch Director 738-8608 or USAG-Y Fitness Coordinator 736-3340 for details