

FITNESS CENTER CALENDAR

SEPTEMBER 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	1	2	3
<p>IMPORTANT INFO Call SSFC to sign-up for any class on the calendar. Military members have priority, DOD civilians and host nation first responders can sign-up starting 24 hours before the class. All classes held indoors, 20 max participants. # Free Class • \$ Paid Class Alpha Warrior: Every Tuesday and Thursday 1100 at Northside</p>			0610 Conditioning # 0900 Yoga # 1000 Strong Nation \$ 1115 Zumba \$ 1230 Spin # 1600 Cardio Kickboxing # 1730 Zumba Toning \$	No Classes Family Day	No Classes
5	6	7	8	9	10
No Classes Labor Day	0610 Conditioning # 0900 Yoga # 1000 Strong Nation \$ 1115 Zumba \$ 1230 Spin # 1600 Cardio Kickboxing # 1800 Zumba Toning \$	0610 Spin # 0900 Pilates # 1000 Body Balance # 1100 Step \$ 1230 Zumba \$ 1600 Spin # 1730 High Fit # 1800 HIIT Circuit (Vogelweh) #	0610 Conditioning # 0900 Yoga # 1000 Strong Nation \$ 1115 Zumba \$ 1230 Spin # 1600 Cardio Kickboxing # 1730 Zumba Toning \$	0610 Spin # 0900 HIIT Circuit # 1000 Zumba \$	0930 Zumba \$
12	13	14	15	16	17
0610 Spin # 1000 Zumba \$ 1100 HIIT Circuit # 1200 Pilates # 1730 Conditioning # 1800 HIIT Circuit (Vogelweh) #	0610 Conditioning # 0900 Yoga # 1000 Strong Nation \$ 1115 Zumba \$ 1230 Spin # 1600 Cardio Kickboxing # 1800 Zumba Toning \$	0610 Spin # 0900 Pilates # 1000 Body Balance # 1100 Step \$ 1230 Zumba \$ 1600 Spin # 1730 High Fit # 1800 HIIT Circuit (Vogelweh) #	0610 Conditioning # 0900 Yoga # 1000 Strong Nation \$ 1115 Zumba \$ 1230 Spin # 1600 Cardio Kickboxing # 1730 Zumba Toning \$	0610 Spin # 0900 HIIT Circuit # 1000 Zumba \$	0930 Zumba \$
19	20	21	22	23	24
0610 Spin # 1000 Zumba \$ 1100 HIIT Circuit # 1200 Pilates # 1730 Conditioning # 1800 HIIT Circuit (Vogelweh) #	0610 Conditioning # 0900 Yoga # 1000 Strong Nation \$ 1115 Zumba \$ 1230 Spin # 1600 Cardio Kickboxing # 1800 Zumba Toning \$	0610 Spin # 0900 Pilates # 1000 Body Balance # 1100 Step \$ 1230 Zumba \$ 1600 Spin # 1730 High Fit # 1800 HIIT Circuit (Vogelweh) #	0610 Conditioning # 0900 Yoga # 1000 Strong Nation \$ 1115 Zumba \$ 1230 Spin # 1600 Cardio Kickboxing # 1730 Zumba Toning \$	0610 Spin # 0900 HIIT Circuit # 1000 Zumba \$	0930 Zumba \$
26	27	28	29	30	1
0610 Spin # 1000 Zumba \$ 1100 HIIT Circuit # 1200 Pilates # 1730 Conditioning # 1800 HIIT Circuit (Vogelweh) #	0610 Conditioning # 0900 Yoga # 1000 Strong Nation \$ 1115 Zumba \$ 1230 Spin # 1600 Cardio Kickboxing # 1800 Zumba Toning \$	0610 Spin # 0900 Pilates # 1000 Body Balance # 1100 Step \$ 1230 Zumba \$ 1600 Spin # 1730 High Fit # 1800 HIIT Circuit (Vogelweh) #	0610 Conditioning # 0900 Yoga # 1000 Strong Nation \$ 1115 Zumba \$ 1230 Spin # 1600 Cardio Kickboxing # 1730 Zumba Toning \$	0610 Spin # 0900 HIIT Circuit # 1000 Zumba \$	

Southside Fitness Center (SSFC)

DSN 480-0294, CIV 06371-47-0294

Monday-Friday: 0600-2200 • Saturday: 0800-1800

Unmanned *Sunday/Holiday:

24/7 access available

Northside Fitness Center (NSFC)

DSN 480-8085, CIV 06371-47-8085

Monday-Friday: 0600-1800

Unmanned *Saturday/Sunday/Holidays:

24/7 access available

