

# AUGUST 2024 CALENDAR FITNESS PROGRAM

TOWER BARRACKS

DON'T WAIT  
IN LINE...

**REGISTER  
ONLINE!**

SCAN ME



& GET YOUR  
TICKETS TODAY



| Sunday | Monday  | Tuesday                         | Wednesday   | Thursday                                 | Friday                            | Saturday   |
|--------|---|---------------------------------|---|--|-----------------------------------|--|
|        |   |                                 |   | Zumba 9 a.m 1<br>Power Yoga 6:30 P.M     | 2<br><b>TRAINING<br/>HOLIDAY</b>  | 3<br>STRONG 9:15 a.m                               |
| 4      | Zumba 9 a.m<br>All Level Yoga<br>5 p.m<br><b>TRAINING<br/>HOLIDAY</b> | 5 Zumba 9 a.m<br>Spin 6:00 p.m  | 6 STRONG 9 a.m 7<br>Flow Yoga 6:30 p.m                  | Zumba 9 a.m 8<br>Power Yoga 6:30 p.m     | 9                                 | 10<br>Zumba 9:15 a.m<br>Yoga du Jour<br>10:30 a.m  |
| 11     | 12 Zumba 9 a.m<br>All Level Yoga<br>5 p.m                             | 13 Zumba 9 a.m<br>Spin 6:00 p.m | 14 STRONG 9 a.m<br>Flow Yoga<br>6:30 p.m                | Zumba 9 a.m 15<br>Power Yoga 6:30 p.m    | 16                                | 17<br>Yoga du Jour<br>10:30 a.m                    |
| 18     | 19 Zumba 9 a.m<br>All Level Yoga<br>5 p.m<br>Zumba 6:15 p.m           | 20 Zumba 9 a.m<br>Spin 6:00 p.m | 21 STRONG 9 a.m<br>Flow Yoga 6:30 p.m<br>Zumba 5:30 p.m | Zumba 9 a.m 22<br>Power Yoga 6:30<br>p.m | 23                                | 24<br>STRONG 9:15 a.m<br>Yoga du Jour<br>10:30 a.m |
| 25     | 26 Zumba 9 a.m<br>All Level Yoga<br>5 p.m<br>Zumba 6:15 p.m           | 27 Zumba 9 a.m<br>Spin 6:00 p.m | 28 STRONG 9 a.m<br>Flow Yoga 6:30 p.m<br>Zumba 5:30 p.m | Zumba 9 a.m 29                           | 30<br><b>TRAINING<br/>HOLIDAY</b> | 31<br>Zumba 9:15 a.m<br>Yoga du Jour<br>10:30 a.m  |

MORE INFORMATION AT **GRAFENWOEHR.ARMYMWR.COM**