

Freedom Fitness Facility: APRIL Class Schedule 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 9:30a Body Tone 11:45a Express Cycle* 6:30p Tae Kwon Do	3 9a Zumba w/ N 10a Body Tone 11:45a Circuit PT * 5p Yoga Flow (B) 6:30p Zumba w/ N	4 11:45a Express Cycle* 6:30p Tae Kwon Do	5 10a Zumba w/ N 11:45a Circuit PT * 5:30p Zumba w/ N	6 9a Body Tone Training Holiday 0800-1900	7
8	9 9:30a Body Tone Training Holiday 0800-1900	10 9a Zumba w/ N 10a Body Tone 11:45a Circuit PT * 5p Yoga Flow (B) 6:30p Zumba w/ N	11 11:45a Express Cycle* 6:30p Tae Kwon Do	12 10a Zumba w/ N 11:45a Circuit PT * 5:30p Zumba w/ N	13 9a Body Tone	14
15	16 9:30a Body Tone 11:45a Express Cycle* 6:30p Tae Kwon Do	17 9a Zumba w/ N 10a Body Tone 11:45a Circuit PT * 5p Yoga Flow (B) 6:30p Zumba w/ N	18 11:45a Express Cycle* 6:30p Tae Kwon Do	19 10a Zumba w/ N 11:45a Circuit PT * 5:30p Zumba w/ N	20 9a Body Tone	21 MOMC 5K Fun Run 0900
22	23 9:30a Body Tone 11:45a Express Cycle* 6:30p Tae Kwon Do	24 9a Zumba w/ N 10a Body Tone 11:45a Circuit PT * 5p Yoga Flow (B) 6:30p Zumba w/ N	25 11:45a Express Cycle* 6:30p Tae Kwon Do	26 10a Zumba w/ N 11:45a Circuit PT * 5:30p Zumba w/ N	27 9a Body Tone	28
29	30 9:30a Body Tone 11:45a Express Cycle* 6:30p Tae Kwon Do	Facility Info: Mon – Fri 0500-2100 Sat & Sun 0800-1600 Fed Holidays 0800-1600 Training Holidays 0800-1900 Issue Desk: 469-8890 or 0951-300-8890 Sports & Fitness Dir: 469-9086 or 0951-300-9086 Facility Mgr: 469-7415 or 0951-300-7415 Back Office: 469-7595 or 0951-300-7595 Sports Programmer: 469-7597 or 0951-300-7597				

ZUMBA! \$5/class *Ditch the workout, join the party!*

Circuit PT: FREE!! *Get a more time-efficient workout and burn 1/3 more calories by doing strength and cardio in one shot. This is an express class so you can get in & out during your lunch break.*

Express Cycle: FREE!! *Take your ride inside! Indoor cycling in an express format for those with a busy schedule.*

Body Tone: \$5/class Add some variety to your weight-training routine. This workout concentrates on all major muscle groups using calisthenics, steps, body bars and dumbbells to provide varying resistance.

Personal Training & Fitness Nutrition: tiffany.m.murray@hotmail.com or call 0151 5169 1035 to schedule.

* It is the instructor's right to cancel class if there are not at least 5 participants at the designated class time.

THIS SCHEDULE IS SUBJECT TO CHANGE.

If you would like to receive this schedule electronically as updates occur, email Tonya.L.Williams.naf@mail.mil