FMWR Fitness Center - August 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Family & Morale, Welfare & Recreation Fitness Center Bldg 33-D Phone: 804-279-3371	1 6:30-7:15: Indoor Cycling 11:15-12: Hi/Low Aerobics 3:30-4:30: Yoga 4:30-5:30: Guts & Butts/ Pilates	2 9:30-10:30: Gentle Yoga 11-1: Full Court Basketball 11:15-12: Cycling Class 3:30-4:30:Body Sculpting 4-5: Tae Kwon Do 4:30-5:15: Water Aerobics 4:30-5:15: African Dance 5:15-6: Boot Camp	3 6:30-7:15: Morning Stretch 11:15-12: Cardio Variety 11:15-12: Middle Eastern Dance 12-1 Club Dancing 3:30-4:30: Yoga 4:35-5:20 Cycling Class 4:45-5:45: Zumba 6-7: Tai Chi 6-7: Yoga (R-Ball)	4 11-1: Full Court Basketball 11:30 - 12:30: Tai Kwon Do 3:30-4:30: Yoga 4:30-5:30: Muscle Pump 4:35-5:20 Cycling Class 4:30-5:15: Water Aerobics	5 6:30-7:30: Boot Camp Aerobics 11:15-12: Body Sculpting 12 -1: House of Pain	6 Fitness Center Open 8 - 4 9:30—10:30 Boxercising Class 12:15-1:00: Water Aerobics
7 Fitness Center Open 1-5 pm	8 6:30-7:15: Indoor Cycling 11:15-12: Hi/Low Aerobics 3:30-4:30: Yoga 4:30-5:30: Guts & Butts/ Pilates	9 9:30-10:30: Gentle Yoga 11-1: Full Court Basketball 11:15-12: Cycling Class 3:30-4:30:Body Sculpting 4-5: Tae Kwon Do 4:30-5:15: Water Aerobics 4:30-5:15: African Dance 5:15-6: Boot Camp	10 6:30-7:15: Morning Stretch 11:15-12: Cardio Variety 11:15-12: Middle Eastern Dance 12-1 Club Dancing 3:30-4:30: Yoga 4:35-5:20 Cycling Class 4:45-5:45: Step 6-7: Tai Chi 6-7: Yoga (R-Ball)	11 11-1: Full Court Basketball 11:30 - 12:30: Tai Kwon Do 3:30-4:30: Yoga 4:30-5:30: Muscle Pump 4:35-5:20 Cycling Class 4:30-5:15: Water Aerobics	12 6:30-7:30: Boot Camp Aerobics 11:15-12: Body Sculpting 12 -1: House of Pain	13 Fitness Center Open 8 - 4 9:30—10:30 Boxercising Class 12:15-1:00: Water Aerobics
14 Fitness Center Open 1-5 pm	15 6:30-7:15: Indoor Cycling 11:15-12: Hi/Low Aerobics 3:30-4:30: Yoga 4:30-5:30: Guts & Butts/ Pilates	16 9:30-10:30: Gentle Yoga 11-1: Full Court Basketball 11:15-12: Cycling Class 3:30-4:30:Body Sculpting 4-5: Tae Kwon Do 4:30-5:15: Water Aerobics 4:30-5:15: African Dance 5:15-6: Boot Camp	17 6:30-7:15: Morning Stretch 9:00 Challenge Triathlon 11:00 Individual/Relay Triathlon 11:15-12: Cardio Variety 11:15-12: Middle Eastern Dance 12-1 Club Dancing 3:30-4:30: Yoga 4:35-5:20 Cycling Class 4:45-5:45: Zumba 6-7: Tai Chi 6-7: Yoga (R-Ball)	18 11-1: Full Court Basketball 11:30 - 12:30: Tai Kwon Do 3:30-4:30: Yoga 4:30-5:30: Muscle Pump 4:35-5:20 Cycling Class 4:30-5:15: Water Aerobics	19 6:30-7:30: Boot Camp Aerobics 11:15-12: Body Sculpting 12 -1: House of Pain	20 Fitness Center Open 8 - 4 9:30—10:30 Boxercising Class 12:15-1:00: Water Aerobics
21 Fitness Center Open 1-5 pm	22 6:30-7:15: Indoor Cycling 11:15-12: Hi/Low Aerobics 3:30-4:30: Yoga 4:30-5:30: Guts & Butts/ Pilates	23 9:30-10:30: Gentle Yoga 11-1: Full Court Basketball 11:15-12: Cycling Class 3:30-4:30:Body Sculpting 4-5: Tae Kwon Do 4:30-5:15: Water Aerobics 4:30-5:15: African Dance 5:15-6: Boot Camp	24 6:30-7:15: Morning Stretch 11:15-12: Cardio Variety 11:15-12: Middle Eastern Dance 12-1 Club Dancing 3:30-4:30: Yoga 4:35-5:20 Cycling Class 4:45-5:45: Step 6-7: Tai Chi 6-7: Yoga (R-Ball)	25 11-1: Full Court Basketball 11:30 - 12:30: Tai Kwon Do 3:30-4:30: Yoga 4:30-5:30: Muscle Pump 4:35-5:20 Cycling Class 4:30-5:15: Water Aerobics	26 6:30-7:30: Boot Camp Aerobics 11:15-12: Body Sculpting 12 -1: House of Pain	27 Fitness Center Open 8 - 4 9:30—10:30 Boxercising Class 12:15-1:00: Water Aerobics
28 Fitness Center Open 1-5 pm	29 6:30-7:15: Indoor Cycling 11:15-12: Hi/Low Aerobics 3:30-4:30: Yoga 4:30-5:30: Guts & Butts/ Pilates	30 9:30-10:30: Gentle Yoga 11-1: Full Court Basketball 11:15-12: Cycling Class 3:30-4:30:Body Sculpting 4-5: Tae Kwon Do 4:30-5:15: Water Aerobics 4:30-5:15: African Dance 5:15-6: Boot Camp	31 6:30-7:15: Morning Stretch 11:15-12: Cardio Variety 11:15-12: Middle Eastern Dance 12-1 Club Dancing 3:30-4:30: Yoga 4:35-5:20 Cycling Class 4:45-5:45: Zumba 6-7: Tai Chi 6-7: Yoga (R-Ball)	August 2nd National Day/Night Out 1100-1300 Lotts Conference Center Grill Master Competition Judging - 1130 Lotts Conference Center	August 10th FMWR Summer Swim Games Two fun sessions: Noon-1pm 4-5pm Additional Information: 279-1091	