



Mueller Fitness Center

July 2022



Monday	Tuesday	Wednesday	Thursday	Friday
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4	5 Chill-Out Yoga 1130-1230 Circuit Training 1745-1845	6 Yoga 1745-1845	7 Circuit Training 1745-1845	8
11	12 Chill-Out Yoga 1130-1230 Circuit Training 1745-1845	13 Yoga 1745-1845	14 Circuit Training 1745-1845	15
18	19 Chill-Out Yoga 1130-1230	20 Yoga 1745-1845	21	22
25	26 Chill-Out Yoga 1130-1230 Circuit Training 1745-1845	27 Yoga 1745-1845	28 Circuit Training 1745-1845	29

Sheridan Kaserne Building 119
CIV: 08821 750 2747 DSN: 440-2747

Monday to Thursday: 0630-1900
Friday: 0930-1900
Closed Saturday, Sunday & US Holidays

Bike Tune-Ups: Starting at \$25

Personal Training: Starting at \$40 a session.
Available by appointment. Special deals
available. Ask staff for Details.

Chill-Out Yoga: This class is for those in need of a mid-day break to relax, release stress, and softly stretch. Perfect for ALL levels. Cost is \$6.

Circuit Training: With different intervals of work and rest you will build strength, mobility, and cardio capacity during this class that always offers something new. Cost is \$6.

Yoga: Classes vary from active, vigorous practices to more relaxing slow flow sessions. Modifications are for all experience levels. Cost is \$6 per class or 10 classes for \$50. Private sessions are available for \$45 or \$65 for two people.