




Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> Circuit Training <i>0830-0930</i> Yoga <i>1745-1845</i>	<b>2</b> Circuit Training <i>1745-1845</i>	<b>3</b>
<b>6</b> Circuit Training <i>0830-0930</i>	<b>7</b> Chill-Out Yoga <i>1130-1230</i> Circuit Training <i>1745-1845</i>	<b>8</b> Circuit Training <i>0830-0930</i> Yoga <i>1745-1845</i>	<b>9</b> Circuit Training <i>1745-1845</i>	<b>10</b>
<b>13</b> Circuit Training <i>0830-0930</i>	<b>14</b> Chill-Out Yoga <i>1130-1230</i> Circuit Training <i>1745-1845</i>	<b>15</b> Circuit Training <i>0830-0930</i> Yoga <i>1745-1845</i>	<b>16</b>	<b>17</b>
<b>20</b> Closed for Holiday	<b>21</b> Circuit Training <i>1745-1845</i>	<b>22</b> Yoga <i>1745-1845</i>	<b>23</b> Circuit Training <i>1745-1845</i>	<b>24</b>
<b>27</b> Closed for G7 Conference	<b>28</b> Closed for G7 Conference	<b>29</b> Circuit Training <i>0830-0930</i> Yoga <i>1745-1845</i>	<b>30</b> Circuit Training <i>1745-1845</i>	

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.

Softball: Tuesdays and Thursdays 1745/1900

**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.