



Mueller Fitness Center

January 2021



Monday	Tuesday	Wednesday	Thursday	Friday
3 Circuit Training <i>0830-0930</i> Circuit Training <i>1745-1845</i>	4 Chill-Out Yoga <i>1130-1230</i> Basketball @1800	5 Circuit Training <i>0830-0930</i> Circuit Training <i>1745-1845</i>	6 Boot Camp <i>1745-1845</i> Basketball @1800	7
10 Circuit Training <i>0830-0930</i> Circuit Training <i>1745-1845</i>	11 Chill-Out Yoga <i>1130-1230</i> Basketball @1800	12 Circuit Training <i>0830-0930</i> Circuit Training <i>1745-1845</i>	13 Basketball @1800	14
17 Closed for Holiday	18 Basketball @1800	19 Circuit Training <i>1745-1845</i>	20 Basketball @1800	21
24 Circuit Training <i>1745-1845</i>	25 Basketball @1800	26 Circuit Training <i>1745-1845</i>	27 Basketball @1800	28 Chill-Out Yoga <i>1130-1230</i>
31 Circuit Training <i>0830-0930</i> Circuit Training <i>1745-1845</i>				

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

Monday and Wednesday: 0630-1900
Tuesday and Thursday: 0930-1900
Friday: 0700-1900
Closed Saturday, Sunday & US Holidays

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: Utilizing a timer and stations, this workout is customizable for most levels of fitness! With different intervals of work and rest you will build strength, mobility, and cardio capacity during this class that always offers something new and fresh. Cost is \$6

Bike Tune-Ups: Starting at \$25