

MUELLER FITNESS CENTER
DSN: 440-2747 CIV: 08821 750-2747
HOURS OF OPERATION:
MONDAY – FRIDAY 0530 - 2000
SUNDAY 1030 – 1900
CLOSED ON SATURDAYS AND
US HOLIDAYS

Spinning

Indoor cycling class, focusing on muscle endurance and strength, followed by a 15 min session of flexibility exercise.

SCAT (Strength Cardio Agility Training)

Great way to burn fat, lose weight and get ultra-fit. This class is designed in the circuit format and is easy to follow at your own level of fitness.

AGT (Abs-Gluts-Thighs)

Designed to work everything between the chest and knees, this class will help you to tone and reshape those abs, legs, and glutes.

Ski Conditioning

This class will prepare you for a stronger, healthier, and more confident ski season.

SoccerGames

Mondays and Wednesdays @ 1800 & 1900

October 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 1200 SPIN	3 1200 SCAT	4 0900 AGT 1200 SKI Conditioning	5 1200 SCAT 1730 SPIN	6	7 CLOSED
8	9 CLOSED	10 1200 SCAT	11 0900 AGT 1200 SKI Conditioning	12 1200 SCAT 1730 SPIN	13	14 CLOSED
15	16 1200 SPIN	17 1200 SCAT	18 0900 AGT 1200 SKI Conditioning	19 1200 SCAT 1730 SPIN	20	21 CLOSED
22	23 1200 SPIN	24 1200 SCAT	25 0900 AGT 1200 SKI Conditioning	26 1200 SCAT 1730 SPIN	27	28 CLOSED
29	30 1200 SPIN	31 1200 SCAT				