

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

January 2018

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 re-shape those abs, legs, and glutes.

Healthy Lifestyle Challenge 2018

Captain's meeting: Thursday, Jan 4 @ 1800

Fitness Assessments Jan 8 - Jan 14

(schedule an appointment at the front desk)

Yoga Evening: Thursday, Jan 18 @ 1730

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Happy New Year CLOSED	2 1200 SCAT	3	4 1200 SCAT HLC Captain's Meeting	5	6 CLOSED
7	8 HLC Fitness assessments	9 HLC Fitness assessments	10 HLC Fitness assessments	11 HLC Fitness assessments	12 HLC Fitness assessments	13 CLOSED
14 HLC Fitness assessments	15 1200 Spin	16 1200 SCAT	17	18 1200 SCAT HLC Yoga Night	19	20 CLOSED
21	22 1200 Spin	23 1200 SCAT	24	25 1200 SCAT Spinning	26	27 CLOSED
28	29 1200 Spin	30 1200 SCAT	31			