

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.

Healthy Lifestyle Challenge Awards Ceremony

Thursday, March 8 @ 1730 (Pete Burke Center)

March 2018

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