

SOLID & LIQUID FITNESS

Fort Monroe ...only fitness "matters"!

MWR



www.monroemwr.com

Monday	Tuesday	Wednesday	Thursday	Friday
1 0800 & 0900-SW, C 1130-BP, F 1200-Y, F 1700-SW, C 1715-SA, F 1800-DW, C	2 0900 -P, C 1100- C, F 1130-CK, F 1130-GC, F 1700-GC, F 1730-Y, F	3 0800 & 0900-SW, C 0900-BP, F 1130-BP, F 1200-Y, F 1700-SW, C 1715-SA, F 1800-DW, C	4 0900 -P, C 1100- C, F 1130-CK, F 1130-GC, F 1700-GC, F 1730-Y, F	5 0900-P,C 0900-BP, F 1130-Zumba, F
8 0800 & 0900-SW, C 1130-BP, F 1200-Y, F 1700-SW, C 1715-SA, F 1800-DW, C	9 0900 -P, C 1100- C, F 1130-CK, F 1130-GC, F 1700-GC, F 1730-Y, F	10 0800 & 0900-SW, C 0900-BP, F 1130-BP, F 1200-Y, F 1700-SW, C 1715-SA, F 1800-DW, C	11 0900 -P, C 1100- C, F 1130-CK, F 1130-GC, F 1700-GC, F 1730-Y, F	12 0900-P,C 0900-BP, F 1130-Zumba, F
15 0800 & 0900-SW, C 1130-BP, F 1200-Y, F 1700-SW, C 1715-SA, F 1800-DW, C	16 0900 -P, C 1100- C, F 1130-CK, F 1130-GC, F 1700-GC, F 1730-Y, F	17 0800 & 0900-SW, C 0900-BP, F 1130-BP, F 1200-Y, F 1700-SW, C 1715-SA, F 1800-DW, C	18 0900 -P, C 1100- C, F 1130-CK, F 1130-GC, F 1700-GC, F 1730-Y, F	19 0900-P,C 0900-BP, F 1130-Zumba, F
22 0800 & 0900-SW, C 1130-BP, F 1200-Y, F 1700-SW, C 1715-SA, F 1800-DW, C	23 0900 -P, C 1100- C, F 1130-CK, F 1130-GC, F 1700-GC, F 1730-Y, F	24 0800 & 0900-SW, C 0900-BP, F 1130-BP, F 1200-Y, F 1700-SW, C 1715-SA, F 1800-DW, C	25 0900 -P, C 1100- C, F 1130-CK, F 1130-GC, F 1700-GC, F 1730-Y, F	26 0900-P,C 0900-BP, F 1130-Zumba, F
29 0800 & 0900-SW, C 1130-BP, F 1200-Y, F 1700-SW, C 1715-SA, F 1800-DW, C	30 0900 -P, C 1100- C, F 1130-CK, F 1130-GC, F 1700-GC, F 1730-Y, F	31 0800 & 0900-SW, C 0900-BP, F 1130-BP, F 1200-Y, F 1700-SW, C 1715-SA, F 1800-DW, C	Sat Yoga Mach 6, 13, 20, 27	

Location Key

F-Fitness Center
(bldg 171) 788-3090

C – Community
Activities Center (bldg
221) 788-3301

Class Key

- Y-yoga
- BP-Body Pump
- SA- Step Aerobics*
- GC-Group Cycle*
- CK-Cardio Kick
- CB – Cardio Blast
- Z – Zumba
- C- Core Class

SW-Shallow Water Fitness

P-Poolates

DW-Deep water cardio

A-Arthritis Class

MMA – Mixed Martial Arts
Mon & Wed @ 1830

FEE REQUIRED

Fitness Center
Mon-Fri 0530-2000
Sat. Sun – 0800-1600

*New users come 15 minutes prior to class for cycle and step class orientation!