

SOLID & LIQUID FITNESS

Fort Monroe ...only fitness "matters"!

December



www.monroemwr.com

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Cholesterol Screening 15 Dec 1100-1300</i></p>	<p>1 0630-QF, F 0900 -P, C 1130-CK, F 1130-GC, F 1700-GC, F 1730-Y, F</p>	<p>2 0800 & 0900-SW, C 1130-BP, F 1200-Y, F 1700-SW, C 1715-SA, F 1800-DW, C</p>	<p>3 0630-QF, F 0900 -P, C 1130-CK, F 1130-GC, F 1730-Y, F</p>	<p>4 0900-P, C 0900-BP, F 1130-CB, F</p>
<p>7 0800 & 0900-SW, C 1130-BP, F 1200-Y, F 1700-SW, C 1715-SA, F 1800-DW, C</p>	<p>8 0630-QF, F 0900 -P, C 1130-CK, F 1130-GC, F 1700-GC, F 1730-Y, F</p>	<p>9 0800 & 0900-SW, C 1130-BP, F 1200-Y, F 1700-SW, C 1715-SA, F 1800-DW, C</p>	<p>10 0630-QF, F 0900 -P, C 1130-CK, F 1130-GC, F 1730-Y, F</p>	<p>11 0900-P, C 0900-BP, F 1130-CB, F</p>
<p>14 0800 & 0900-SW, C 1130-BP, F 1200-Y, F 1700-SW, C 1715-SA, F 1800-DW, C</p>	<p>15 0630-QF, F 0900 -P, C 1130-CK, F 1130-GC, F 1700-GC, F 1730-Y, F</p>	<p>16 0800 & 0900-SW, C 1130-BP, F 1200-Y, F 1700-SW, C 1715-SA, F 1800-DW, C</p>	<p>17 0630-QF, F 0900 -P, C 1130-CK, F 1130-GC, F 1730-Y, F</p>	<p>18 0900-P, C 0900-BP, F 1130-CB, F</p>
<p>21 0800 & 0900-SW, C 1130-BP, F 1200-Y, F 1700-SW, C 1715-SA, F 1800-DW, C</p>	<p>22 0630-QF, F 0900 -P, C 1130-CK, F 1130-GC, F 1700-GC, F 1730-Y, F</p>	<p>23 0800 & 0900-SW, C 1130-BP, F 1200-Y, F 1700-SW, C 1715-SA, F 1800-DW, C</p>	<p>24 MERRY CHRISTMAS NO CLASSES</p>	<p>25 TRAINING HOLIDAY NO CLASSES</p>
<p>28 0800 & 0900-SW, C 1130-BP, F 1200-Y, F 1700-SW, C 1715-SA, F 1800-DW, C</p>	<p>29 0630-QF, F 0900 -P, C 1130-CK, F 1130-GC, F 1700-GC, F 1730-Y, F</p>	<p>30 0800 & 0900-SW, C 1130-BP, F 1200-Y, F 1700-SW, C 1715-SA, F 1800-DW, C</p>	<p>31 TRAINING HOLIDAY NO CLASSES</p>	

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*

FBC-Fat Burn Cycle*

CK-Cardio Kick

QF-Quick Fit

BC- Boot Camp

CB - Cardio Blast

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!