

SOLID & LIQUID FITNESS

Fort Monroe ...only fitness "matters"!

Monday Tuesday Wednesday Thursday Friday

	<p>Cholesterol screening 20 Jul 1100-1300</p> <p>Sat Yoga 0900 10th, 24th, & 31st</p>		<p>1 0900 -P, C 1100- C, F 1130-CK, F 1130-GC, F 1700-GC, F 1730-Y, F</p>	<p>2 Training Holiday 0530-1800 NO CLASSES</p>
<p>5 Holiday Observed 0800-1600 NO CLASSES</p>	<p>6 0900 -P, C 1100- C, F 1130-CK, F 1130-GC, F 1700-GC, F 1730-Y, F</p>	<p>7 0800 & 0900-SW, C 0615-GC, F 0900-BP, F 1130-BP, F 1700-SW, C 1715-SA, F 1800-DW, C</p>	<p>8 0900 -P, C 1100- C, F 1130-CK, F 1130-GC, F 1700-GC, F 1730-Y, F</p>	<p>9 0900-P, C 0900-BP, F 1130-Zumba, F</p>
<p>12 0800 & 0900-SW, C 0615-GC, F 1130-BP, F 1700-SW, C 1715-SA, F 1800-DW, C</p>	<p>13 0900 -P, C 1100- C, F 1130-CK, F 1130-GC, F 1700-GC, F 1730-Y, F</p>	<p>14 0800 & 0900-SW, C 0615-GC, F 0900-BP, F 1130-BP, F 1700-SW, C 1715-SA, F 1800-DW, C</p>	<p>15 0900 -P, C 1100- C, F 1130-CK, F 1130-GC, F 1700-GC, F 1730-Y, F</p>	<p>16 0900-P, C 0900-BP, F 1130-Zumba, F</p>
<p>19 0800 & 0900-SW, C 0615-GC, F 1130-BP Launch 1700-SW, C 1715-SA, F 1800-DW, C</p>	<p>20 0900 -P, C 1100- C, F 1130-CK, F 1130-GC, F 1700-GC, F 1730-Y, F</p>	<p>21 0800 & 0900-SW, C 0615-GC, F 0900-BP, F 1130-BP, F 1700-SW, C 1715-SA, F 1800-DW, C</p>	<p>22 0900 -P, C 1100- C, F 1130-CK, F 1130-GC, F 1700-GC, F 1730-Y, F</p>	<p>23 0900-P, C 0900-BP, F 1130-Zumba, F</p>
<p>26 0800 & 0900-SW, C 0615-GC, F 1130-BP, F 1700-SW, C 1715-SA, F 1800-DW, C</p>	<p>27 0900 -P, C 1100- C, F 1130-CK, F 1130-GC, F 1700-GC, F 1730-Y, F</p>	<p>28 0800 & 0900-SW, C 0615-GC, F 0900-BP, F 1130-BP, F 1700-SW, C 1715-SA, F 1800-DW, C</p>	<p>29 0900 -P, C 1100- C, F 1130-CK, F 1130-GC, F 1700-GC, F 1730-Y, F</p>	<p>30 0900-P, C 0900-BP, F 1130-Zumba, F</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*
- CK-Cardio Kick
- 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

