KATTERBACH FITNESS CENTER

NOVEMBER FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
INDIVIDUAL CLASSES ARE $4 EACH. BULK PURCHASE PASSES ARE AVAILABLE.	INDOOR CYCLING - MIKE YOGA/YOGA SCULPT - KYLIE YOGA - JILL FUNCTIONAL FITNESS- LIZ	MASSAGE THERAPY APPOINTMENTS AVAILABLE. PERSONAL TRAINERS ARE HERE, BOOK WITH STAFF NOW	1 1000-1100 CYCLING	PT FITNESS CLASSES 2 NOW AVAILABLE! TO SCHEDULE A PT SESSION, PLEASE HAVE YOUR UNIT REPRESENTATIVE CONTACT THE KATTERBACH FITNESS CENTER AT DSN:467-2771
5 1000-1100 CYCLING 1800-1900 YOGA	6 0900-1000 SCULPT 1700-1800 YOGA	7 0845-0945 YOGA 0900-1000 FUNC. FIT 1000-1100 CYCLING 1800-1900 YOGA	8 1000-1100 CYCLING	9
HOLIDAY HOURS 9 A.M.- 5 P.M. 12 	13 0900-1000 SCULPT	14 0845-0945 YOGA 0900-1000 FUNC. FIT 1000-1100 CYCLING 1800-1900 YOGA	15 1000-1100 CYCLING	16
19 1000-1100 CYCLING 1800-1900 YOGA	20 0900-1000 SCULPT 1700-1800 YOGA	21 0845-0945 YOGA 0900-1000 FUNC. FIT 1000-1100 CYCLING 1800-1900 YOGA	HOLIDAY HOURS 9 A.M.- 5 P.M. 22 	TRAINING HOLIDAY 23 HOURS 9 A.M. - 7 P.M.
26 1000-1100 CYCLING 1800-1900 YOGA	27 0900-1000 SCULPT 1700-1800 YOGA	28 0845-0945 YOGA 0900-1000 FUNC. FIT 1000-1100 CYCLING 1800-1900 YOGA	29 1000-1100 CYCLING	30

CLASSES, TIMES, AND DATES ARE SUBJECT TO CHANGE

NOVEMBER SPECIAL EVENTS

SATURDAY, 17 NOV - GOBBLE WOBBLE 5K FUN RUN • 11 A.M.

UNIT LEVEL BASKETBALL GAMES • MONDAYS & WEDNESDAYS • 6 P.M.

MONDAY, 12 NOV & THURSDAY, 22 NOV • HOLIDAY HOURS • 9 A.M. - 5 P.M.

KATTERBACH FITNESS CENTER • DSN: 467-2771 • CIV: 09802-83-2771