



FORT LEE FAMILY AND MWR FITNESS CLASSES

JULY 2019

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|--|--|
| 1 Functional Fitness 5:30-6:30pm (Mike) | 2 Spinning (Virtual class) 6:30-7:30pm Functional Fitness 5:30-6:30pm (Mike) | 3 Functional Fitness 5:30-6:30pm (Mike) | 4 NO CLASSES HOLIDAY | 5 NO CLASSES TRAINING HOLIDAY | 6 NO CLASSES |
| 8 Iyengar Yoga (All levels) 5:15-6:30pm (Diana) Functional Fitness 5:30-6:30pm (Mike) | 9 Self Defense & Fitness 5:15-6:15pm (Thomas) Spinning (Virtual class) 6:30-7:30pm Functional Fitness 5:30-6:30pm (Mike) | 10 Iyengar Yoga (All levels) 5:15-6:30pm (Diana) Functional Fitness 5:30-6:30pm (Mike) | 11 Boot Camp 5:00-5:55pm (David) Spinning (Virtual class) 6:30-7:30pm Functional Fitness 5:30-6:30pm (Mike) | 12 Functional Fitness 5:30-6:30pm (Mike) | 13 NO CLASSES |
| 15 Iyengar Yoga (All levels) 5:15-6:30pm (Diana) Functional Fitness 5:30-6:30pm (Mike) | 16 Self Defense & Fitness 5:15-6:15pm (Thomas) Spinning (Virtual class) 6:30-7:30pm Functional Fitness 5:30-6:30pm (Mike) | 17 Iyengar Yoga (All levels) 5:15-6:30pm (Diana) Functional Fitness 5:30-6:30pm (Mike) | 18 Boot Camp 5:00-5:55pm (David) Spinning (Virtual class) 6:30-7:30pm Functional Fitness 5:30-6:30pm (Mike) | 19 Functional Fitness 5:30-6:30pm (Mike) | 20 Functional Fitness Foundation Class 9:00AM-12:00Pm (Mike/ Jesse) Maximum: 20 participants |
| 22 Iyengar Yoga (All levels) 5:15-6:30pm (Diana) Functional Fitness 5:30-6:30pm (Mike) | 23 Self Defense & Fitness 5:15-6:15pm (Thomas) Spinning (Virtual class) 6:30-7:30pm Functional Fitness 5:30-6:30pm (Mike) | 24 Iyengar Yoga (All levels) 5:15-6:30pm (Diana) Functional Fitness 5:30-6:30pm (Mike) | 25 Boot Camp 5:00-5:55pm (David) Spinning (Virtual class) 6:30-7:30pm Functional Fitness 5:30-6:30pm (Mike) | 26 Functional Fitness 5:30-6:30pm (Mike) | 27 NO CLASSES |
| 29 Iyengar Yoga (All levels) 5:15-6:30pm (Diana) Functional Fitness 5:30-6:30pm (Mike) | 30 Self Defense & Fitness 5:15-6:15pm (Thomas) Spinning (Virtual class) 6:30-7:30pm Functional Fitness 5:30-6:30pm (Mike) | 31 Iyengar Yoga (All levels) 5:15-6:30pm (Diana) Functional Fitness 5:30-6:30pm (Mike) | | | |

NOTE: The cost is \$5 per class or 10 classes for \$25. Virtual Classes are free of charge. You must be 18 years of age in order to attend the fitness classes and have a valid military ID card. All classes will be held at the Strength Performance Center (SPC). For class description visit <https://lee.armymwr.com/programs/fitness-classes-1> or call 804-765-3053