

JBSA-RANDOLPH RAMBLER FITNESS CENTER JANUARY

MONDAYS

6 a.m.	Kinetics (FREE)
7 a.m.	TKO-Kickboxing (FREE)
9 a.m.	Step
10:05 a.m.	Strength Training
11 a.m.	Zumba*
11:15 a.m.	Cycling
3:15 p.m.	Kinetics (FREE)
5 p.m.	Step
6 p.m.	Yoga

WEDNESDAYS

6 a.m.	Core Arms Aerobic (Free)
7:15 a.m.	Core Arms Aerobic (Free)
*9 a.m.	Step
10 a.m.	Yoga
11 a.m.	Zumba*
11:15 a.m.	Cycling
3:15 p.m.	Core Arms Aerobic (FREE)
5 p.m.	Zumba*
5:15 p.m.	Cycling
6 p.m.	Cardio Blast

FRIDAYS

6 a.m.	Kinetics (FREE)
7 a.m.	Fusion (FREE)
*9 a.m.	Step
11:15 a.m.	Cycling
3:15 p.m.	TKO-Kickboxing (FREE)
5:30 p.m.	Yoga

NEW YEAR'S RESOLUTION RUN

JAN. 1
8 a.m.
Heritage Park

TUESDAYS

6 a.m.	Step (FREE)
7 a.m.	Fusion (FREE)
9 a.m.	Yoga
10 a.m.	Seniors Strength
3:15 p.m.	TKO-Kickboxing (FREE)
5 p.m.	Zumba*
*6 p.m.	Kickboxing

THURSDAYS

6 a.m.	TKO-Kickboxing (FREE)
7 a.m.	Step (FREE)
9 a.m.	Weight Training
9 a.m.	Yoga
10 a.m.	Seniors Strength
3:15 p.m.	Fusion (FREE)
5 p.m.	Zumba*
6 p.m.	Kickboxing

SATURDAYS

*9:15 a.m.	Kickboxing
10:30 a.m.	Zumba*
11:40 a.m.	Pilates

SUNDAYS

*1 p.m.	Yoga
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BEGINNER RESISTANCE STRENGTH TRAINING CLASS

JAN. 11
11:30 a.m.
Rambler Fitness Center

JAN. 1 NEW YEAR DAY

9 a.m.	Step
10 a.m.	Senior Strength

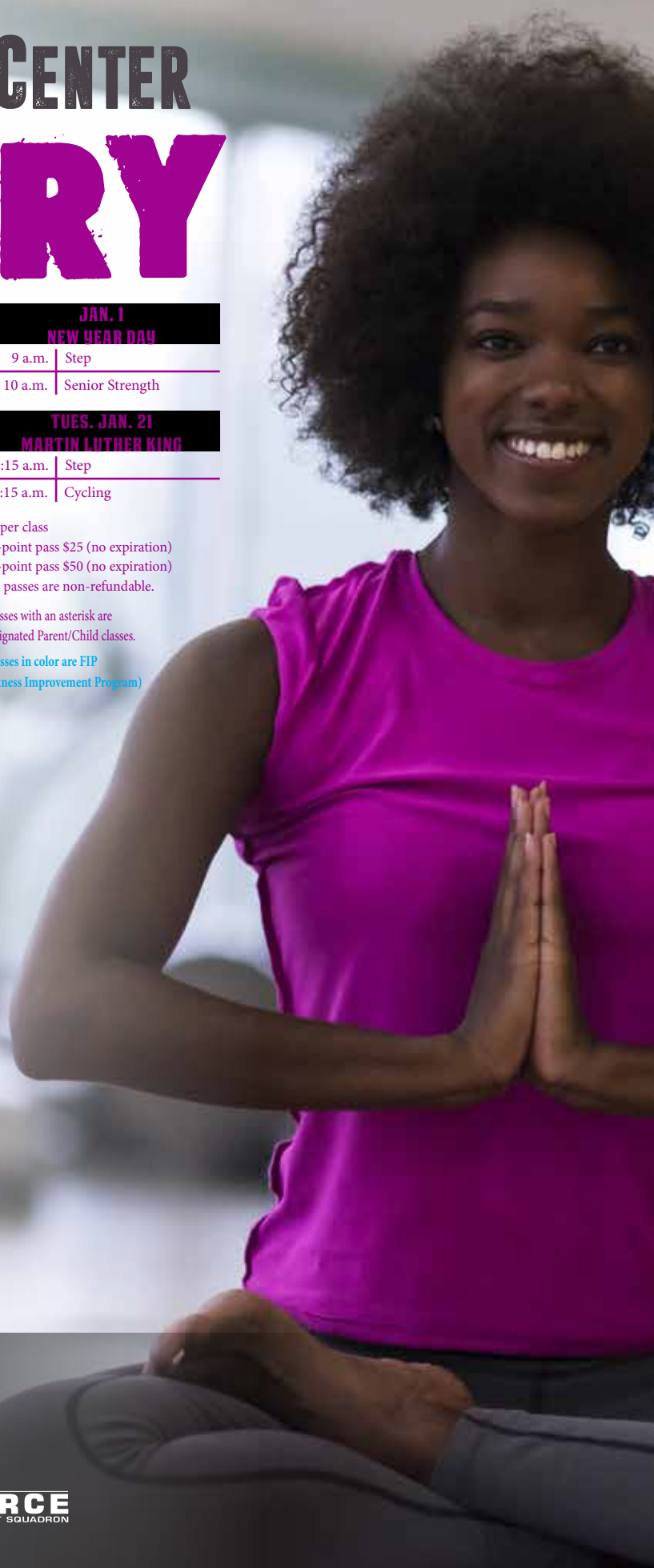
TUES. JAN. 21 MARTIN LUTHER KING

9:15 a.m.	Step
11:15 a.m.	Cycling

\$3 per class
10-point pass \$25 (no expiration)
20-point pass \$50 (no expiration)
All passes are non-refundable.

Classes with an asterisk are designated Parent/Child classes.

Classes in color are FIP (Fitness Improvement Program)



Large group exercise class schedule is subject to change. The schedule can be picked up at the Fitness Center front counter or viewed at www.jbsatoday.com and Facebook- Rambler Fitness Center

For more information, call (210) 652-7263.

