



JBSA - FORT SAM HOUSTON JANUARY FITNESS CLASSES

JIMMY BROUGHT FITNESS CENTER

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 a.m.							
5:30 a.m.	Cycling	Cycling	Cycling	Cycling	Cycling		
9:00 a.m.		Adult Fitness *		Adult Fitness *			
9:15 a.m.						Cycling *	
11:30 a.m.	Mixed Fit	Yoga Circuit Training	Cycling	Yin Yoga Circuit Training	Cycling Slow Flow Vinyasa Yoga*		
12:00 p.m.							
2:00 p.m.							
3:30 p.m.							
5:00 p.m.	Yoga						
5:30 p.m.	Circuit Training	Cycling*	Cycling	Cycling*			
6:15 p.m.	Zumba®	Zumba®		Zumba®			

Jimmy Brought Fitness Center 210-221-1234
 Mon.-Fri. | 5 a.m. to 10 p.m.
 Sat.-Sun. & Fed. Holiday | 9 a.m. to 5 p.m.
 Indoor Pool ****CLOSED INDEFINITELY****

Aquatic Center 210-221-4887
 Mon.-Fri. | 5-8:30 a.m. and
 11:30 a.m. to 6:30 p.m.
 (Adult Lap Swim & Exercise Only)
 Closed Weekends and Holidays

Fitness Center on the METC 210-808- 5709
 Mon.-Fri. | 5 a.m. to 9 p.m.
 Sat. - Sun. & Fed. Holiday | 10 a.m. to 6 p.m.
 How We Roll
 Mon.-Fri. | 9-11 a.m. and 2-4 p.m.
 Central Post Fitness Center 210-221-3593
 Mon. - Fri. | 4:30 a.m. to 8 p.m.

* FEES APPLY. \$3/EACH OR
 \$30/12-CLASS PASS

** WEATHER PERMITTING

Class schedule and fees are subject to change.

Visit JBSAToday.com

FI = Fitness Improvement VT = Virtual Trainer

