

JBSA-RANDOLPH RAMBLER FITNESS CENTER

NOVEMBER FITNESS CALENDAR

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

Classes in **color** are FIP
 (Fitness Improvement Program)

Equipment orientation is available
 upon request for all patrons. 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

EVENTS

**VETERANS
 APPRECIATION DAY**
 Nov. 8 • 11 a.m. to 1 p.m.

TURKEY TROT
 Nov. 22 • 11 a.m.
 Fitness Center Jogging Trails

HOLIDAY HOURS

VETERANS DAY
 Nov. 11
 24/7 Access Only

**THANKSGIVING DAY
 & FAMILY DAY**
 Nov. 28 & 29
 24/7 Access Only

MONDAYS

6 a.m.	Kinetics (FREE)
7 a.m.	TKO-Kickboxing (FREE)
9 a.m.	Uplift Strength [CANCELLED - NOV. 4]
3:15 p.m.	Kinetics (FREE)
5 p.m.	Step [CANCELLED - NOV. 25]

TUESDAYS

6 a.m.	Step (FREE)
7 a.m.	Fusion (FREE)
9 a.m.	Hatha Yoga
10 a.m.	Senior Strength [CANCELLED - NOV. 19, 26]
3:15 p.m.	TKO-Kickboxing (FREE)
6 p.m.	Kickboxing [CANCELLED - NOV. 26]

WEDNESDAYS

6 a.m.	Core Arms Aerobic (FREE)
7:15 a.m.	Core Arms Aerobic (FREE)
10 a.m.	Yoga [CANCELLED - NOV. 27]
3:15 p.m.	Core Arms Aerobic (FREE)
5 p.m.	Step

THURSDAYS

6 a.m.	TKO-Kickboxing (FREE)
7 a.m.	Step (FREE)
9 a.m.	Weight Training [CANCELLED - NOV. 21]
3:15 p.m.	Fusion (FREE)
6 p.m.	Kickboxing [CANCELLED - NOV. 21]

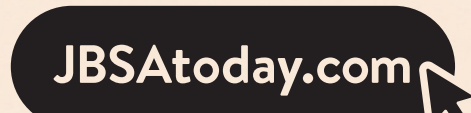
FRIDAYS

6 a.m.	Kinetics (FREE)
7 a.m.	Fusion (FREE)
9 a.m.	Uplift [CANCELLED - NOV. 1]
3:15 p.m.	TKO-Kickboxing (FREE)

SATURDAYS

9:15 a.m.	Kickboxing [CANCELLED - NOV. 23, 30]
10:30	Zumba [CANCELLED - NOV. 30]

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



FSS, LIGHTING THE WAY...EVERYDAY!