

JBSA-RANDOLPH RAMBLER FITNESS CENTER

DECEMBER FITNESS CALENDAR

MONDAYS	
6 a.m.	Kinetics (FREE)
7 a.m.	TKO-Kickboxing (FREE)
9 a.m.	Uplift Strength [CANCELLED - DEC. 9 & 16]
3:15 p.m.	Kinetics (FREE)
5 p.m.	Step

TUESDAYS	
6 a.m.	Step (FREE)
7 a.m.	Fusion (FREE)
9 a.m.	Hatha Yoga
10 a.m.	Senior Strength
3:15 p.m.	TKO-Kickboxing (FREE)
6 p.m.	Kickboxing [CANCELLED - DEC. 24 & 31]

WEDNESDAYS	
6 a.m.	Core Arms Aerobic (FREE)
7:15 a.m.	Core Arms Aerobic (FREE)
10 a.m.	Yoga
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
3:15 p.m.	Fusion (FREE)
6 p.m.	Kickboxing [CANCELLED - DEC. 26]

FRIDAYS	
6 a.m.	Kinetics (FREE)
7 a.m.	Fusion (FREE)
9 a.m.	Uplift Strength
3:15 p.m.	TKO-Kickboxing (FREE)

SATURDAYS	
9:15 a.m.	Kickboxing [CANCELLED - DEC. 21 & 28]
10:30 a.m.	Zumba [CANCELLED - DEC. 28]

\$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

HOLIDAY HOURS

CHRISTMAS EVE & DAY
 Dec. 24-25
 24/7 Access Only

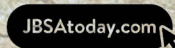
NEW YEARS EVE
 Dec. 31
 24/7 Access Only

EVENTS

INDOOR TRIATHLON
 Dec. 2-6 • Normal Operation Hours

**HOLIDAY 10-MILE
 BIKE RIDE**
 Dec. 21 • 8 a.m.
 Heritage Park

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



FSS, LIGHTING THE WAY...EVERYDAY!