

JBSA-RANDOLPH RAMBLER FITNESS CENTER

APRIL  
FITNESS CALENDAR

MONDAYS	
6 a.m.	Kinetics*
7 a.m.	TKO-Kickboxing*
9 a.m.	Uplift Strength (canceled April 14)
3:15 p.m.	Kinetics*
5 p.m.	Step (canceled April 7, 14, 28 )

TUESDAYS	
6 a.m.	Step*
7 a.m.	Fusion*
9 a.m.	Hatha Yoga
10 a.m.	Senior Strength
3:15 p.m.	TKO-Kickboxing*
6 p.m.	Kickboxing (canceled April 1, 8)

\$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)

Class with an (\*) are free

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](http://www.jbsatoday.com) and  
Facebook/Rambler Fitness Center

WEDNESDAYS	
6 a.m.	Core Arms Aerobic*
7:15 a.m.	Core Arms Aerobic*
10 a.m.	Yoga
3:15 p.m.	Core Arms Aerobic*
5 p.m.	Step (canceled April 2, 9)

THURSDAYS	
6 a.m.	TKO-Kickboxing*
7 a.m.	Step* (canceled April 17)
9 a.m.	Weight Training
3:15 p.m.	Fusion*
6 p.m.	Kickboxing (canceled April 3)

FRIDAYS	
6 a.m.	Kinetics*
7 a.m.	Fusion*
9 a.m.	Uplift Strength (canceled April 11)
3:15 p.m.	TKO-Kickboxing*

SATURDAYS	
9:15 a.m.	Kickboxing (canceled April 5)
10:30 a.m.	Zumba (canceled April 5, 26)

**EVENTS**

**CUSTOMER  
APPRECIATION DAY**  
Rambler Fitness Center  
April 3 • 11 a.m. to 1 p.m.

**END OF FIESTA 5K**  
Heritage Park  
April 26 • 7:30 a.m.

FOR MORE INFORMATION, CALL (210) 652-7263.



FSS, LIGHTING THE WAY...EVERYDAY!