

JBSA-RANDOLPH RAMBLER FITNESS CENTER

MAY
FITNESS CALENDAR

MONDAYS	
6 a.m.	Kinetics*
7 a.m.	TKO-Kickboxing*
9 a.m.	Uplift Strength
3:15 p.m.	Kinetics*
5 p.m.	Step (canceled May 12)

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* (canceled May 13)
6 p.m.	Kickboxing (canceled May 27)

\$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 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

THURSDAYS	
6 a.m.	TKO-Kickboxing*
7 a.m.	Step*
9 a.m.	Weight Training
3:15 p.m.	Fusion*
6 p.m.	Kickboxing (canceled May 1)

EVENTS

**25 MINUTE ENDURANCE ROW
MAY 5-9**
Rambler Fitness Center
During Operating Hours

**25 MINUTE STAIR-STEP
MAY 19-23**
Rambler Fitness Center
During Operating Hours

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

SATURDAYS	
9:15 a.m.	Kickboxing (canceled May 3, 24 & 31)
10:30 a.m.	Zumba (canceled May 24 & 31)

HOLIDAYS

**RESILIENCY DAY
MAY 23**
24/7 Access Only

**MEMORIAL DAY
MAY 24/7**
24/7 Access Only

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



FSS, LIGHTING THE WAY...EVERYDAY!