

JBSA-RANDOLPH RAMBLER FITNESS CENTER

MARCH FITNESS CALENDAR

MONDAYS	
5:30 a.m.	Cycling (Free) (5 a.m. on March 23 & 30)
6 a.m.	<u>Kinetics</u>
7 a.m.	<u>TKO-Kickboxing</u>
3:15 p.m.	<u>Kinetics</u>
5 p.m.	Step (Canceled March 2 & 23)
6 p.m.	Resistance Class

TUESDAYS	
6 a.m.	Step
7 a.m.	Fusion
9 a.m.	Hatha Yoga
10 a.m.	Senior Strength
3:15 p.m.	<u>TKO-Kickboxing</u>
6 p.m.	Kickboxing

WEDNESDAY	
6 a.m.	Core Arms Aerobics
7:15 a.m.	Core Arms Aerobics
10 a.m.	Yoga
3:15 p.m.	Core Arms Aerobics
5 p.m.	Step (Canceled March 4, 11 & 25)
5:30 p.m.	Cycling (Free) (Canceled March 4)
6 p.m.	Resistance Class

THURSDAYS	
6 a.m.	<u>TKO-Kickboxing</u>
7 a.m.	Step
9 a.m.	Weight Training
3:15 p.m.	Fusion
6 p.m.	Kickboxing

FRIDAYS	
6 a.m.	<u>Kinetics</u>
7 a.m.	Fusion
3:15 p.m.	<u>TKO-Kickboxing</u>
5:30 p.m.	Cycling (Free)

SATURDAYS	
9:15 a.m.	Kickboxing
10:30 a.m.	Line Dance

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

Classes in **color** are fitness on request (**free classes**)

Underlined classes 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

JUST BEFORE ST. PATRICK'S DAY 5K

MARCH 14 - 7:30 a.m.

Heritage Park

LOVE BUG 5K

MARCH 28 - 7:30 a.m.

Heritage Park

See front desk for more information.

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



FSS, LIGHTING THE WAY...EVERYDAY!



JBSA502FSS

