

# JBSA-RANDOLPH RAMBLER FITNESS CENTER

# MAY

# FITNESS CALENDAR

**MAY 22 & 25 - MEMORIAL DAY - 24/7 ACCESS ONLY**

MONDAYS	
5:30AM	Cycling (Free) (canceled May 4)
6AM	<u>Kinetics</u>
7AM	<u>Fusion</u>
3:15PM	<u>Fit for Duty</u>
5PM	Step
6PM	Resistance Class (canceled May 25)

TUESDAYS	
6AM	<u>Fusion</u>
7AM	<u>Circuits</u>
9AM	Hatha Yoga
10AM	Senior Strength
3:15PM	<u>TKO-Kickboxing</u>
6PM	Kickboxing (canceled May 26)

WEDNESDAY	
6AM	<u>Kinetics</u>
7:15AM	<u>Fit for Duty</u>
10AM	Yoga
3:15PM	<u>Circuits</u>
5PM	Step
5:30PM	Cycling (Free)
6PM	Resistance Class (canceled May 20)

THURSDAYS	
6AM	<u>TKO-Kickboxing</u>
7AM	<u>Circuits</u>
9AM	Weight Training
3:15PM	<u>Fusion</u>
6PM	Kickboxing (canceled May 21)

FRIDAYS	
6AM	<u>Kinetics</u>
7AM	<u>Fusion</u>
3:15PM	<u>Fit for Duty</u>
5:30PM	Cycling (Free)

SATURDAYS	
9:15AM	Kickboxing (canceled May 23)
10:30AM	Line Dance (canceled May 23)

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

## EVENTS

**25 MINUTE ENDURANCE ROW**  
MAY 4 - DURING OPERATION HOURS

**25 MINUTE STAIR STEP CHALLENGE**  
MAY 18 - DURING OPERATION HOURS

See front desk for more information.

For more information, call 210.652.7263



FSS, LIGHTING THE WAY...EVERYDAY!



JBSA502FSS

