



FORT LEE FAMILY AND MWR FITNESS CLASSES

OCTOBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 IY 5:15-6:30pm (Diana)	2 SDF 5:15-6:15pm (Thomas)	3 SDF 5:15-6:15pm (Thomas)	4 BC 5:00-5:55pm (David)	5 NO CLASSES	6 SATURDAY NO CLASSES
8 HOLIDAY NO CLASSES	9 SDF 5:15-6:15pm (Thomas)	10 SDF 5:15-6:15pm (Thomas)	11 BC 5:00-5:55pm (David)	12 NO CLASSES	13 SATURDAY NO CLASSES
15 IY 5:15-6:30pm (Diana)	16 SDF 5:15-6:15pm (Thomas)	17 SDF 5:15-6:15pm (Thomas)	18 BC 5:00-5:55pm (David)	19 NO CLASSES	20 SATURDAY NO CLASSES
22 IY 5:15-6:30pm (Diana)	23 SDF 5:15-6:15pm (Thomas)	24 SDF 5:15-6:15pm (Thomas)	25 BC 5:00-5:55pm (David)	26 NO CLASSES	27 SATURDAY "Yoga and Lower Back Pain Workshop" 9-11:30am Cost \$35 per person Call to register 804-765-3053
29 IY 5:15-6:30pm (Diana)	30 SDF 5:15-6:15pm (Thomas)	31 SDF 5:15-6:15pm (Thomas)			BC Boot Camp IY Iyengar Yoga SDF Self Defense & Fitness

NOTE: The cost is \$4 per class or 10 classes for \$20. You must be 18 years of age in order to attend fitness classes and have a valid military ID card. All classes will be held at MacLaughlin Fitness Center, Building 4320 (corner of Lee and C. Avenues)
For class description visit <https://lee.armymwr.com/programs/fitness-classes-1> or call 804-765-3053