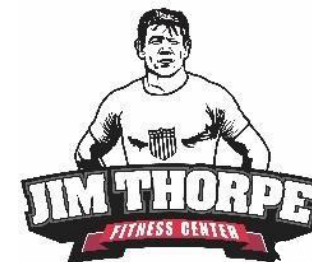


# FITNESS SCHEDULE – JIM THORPE FITNESS CENTER - JUNE 2019



**f** CarlisleFMWR · [carlisle.armymwr.com](http://carlisle.armymwr.com) · 717-245-3535 · 23 Lovell Ave., Carlisle PA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> 0900-Body Blast (Brian/Michelle) 1200- Body Blast 30 Min Workout (Brian/Michelle)	<b>4</b> 0900-Aerobic Dance (Regina)	<b>5</b> 0900-Body Blast (Michelle/Brian) 1200- Body Blast 30 Min Workout (Michelle/Brian)	<b>6</b> 0900-Aerobic Dance (Regina)	<b>7</b>
<b>10</b> 0900-Body Blast (Brian/Michelle) 1200- Body Blast 30 Min Workout (Brian/Michelle)	<b>11</b> 0900-Aerobic Dance (Regina)	<b>12</b> 0900-Body Blast (Michelle/Brian) 1200- Body Blast 30 Min Workout (Michelle/Brian)	<b>13</b> 0900-Aerobic Dance (Regina)	<b>14</b>
<b>17</b> 0900-Body Blast (Brian) 1200- Body Blast 30 Min Workout (Brian)	<b>18</b> 0900-Aerobic Dance (Regina)	<b>19</b> 0900-Body Blast (Brian) 1200- Body Blast 30 Min Workout (Brian)	<b>20</b> 0900-Aerobic Dance (Regina)	
<b>24</b> 0900-Body Blast (Brian) 1200- Body Blast 30 Min Workout (Brian)	<b>25</b> 0900-Aerobic Dance (Regina)	<b>26</b> 0900-Body Blast (Brian) 1200- Body Blast 30 Min Workout (Brian)	<b>27</b> 0900-Aerobic Dance (Regina)	<b>28</b>