



Jim Thorpe Fitness Center

Fitness Schedule

OCTOBER 2021



Monday	Tuesday	Wednesday	Thursday	Friday
				1 0900 - Body Blast (Brian)
4 0900 - Body Blast (Brian) 1630 - Zumba (Giovanna)	5 0900 - Zumba Toning (Giavanna) 1030 - Yoga (Donald) 1600 - Yoga (Donald)	6 0900 - Body Blast (Brian) 1230 - Spin (Paola) 1630 - Zumba (Giovanna)	7 0900 - Zumba Toning (Giavanna) 1030 - Yoga (Donald) 1600 - Yoga (Donald)	8 Jim Thorpe Fitness Center Training Holiday No Classes
11 Jim Thorpe Fitness Center Closed for Columbus Day	12 0900 - Zumba Toning (Giavanna) 1030 - Yoga (Donald) 1600 - Yoga (Donald)	13 0900 - Body Blast (Brian) 1230 - Spin (Paola) 1630 - Zumba (Giovanna)	14 0900 - Zumba Toning (Giavanna) 1030 - Yoga (Donald) 1600 - Yoga (Donald)	15 0900 - Body Blast (Brian)
18 0900 - Body Blast (Brian) 1630 - Zumba (Giovanna)	19 0900 - Zumba Toning (Giavanna) 1030 - Yoga (Donald) 1600 - Yoga (Donald)	20 0900 - Body Blast (Brian) 1230 - Spin (Paola) 1630 - Zumba (Giovanna)	21 0900 - Zumba Toning (Giavanna) 1030 - Yoga (Donald) 1600 - Yoga (Donald)	22 0900 - Body Blast (Brian)
25 0900 - Body Blast (Brian) 1630 - Zumba (Giovanna)	26 0900 - Zumba Toning (Giavanna) 1030 - Yoga (Donald) 1600 - Yoga (Donald)	27 0900 - Body Blast (Brian) 1230 - Spin (Paola) 1630 - Zumba (Giovanna)	28 0900 - Zumba Toning (Giavanna) 1030 - Yoga (Donald) 1600 - Yoga (Donald)	29 Jim Thorpe Fitness Center Closed for Equipment Maintenance and Cleaning

Classes will be on the 3rd floor of Jim Thorpe Hall Gym. Call to register. Cost is \$3.00/person.
 Payment is exact change or credit card only. Locker rooms are now open - 2 person maximum at any given time.
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