



Jim Thorpe Fitness Center

Fitness Schedule - Outdoor

SEPTEMBER 2020



Monday	Tuesday	Wednesday	Thursday	Friday
31	1	2	3	4
7	8	9	10	11
14 0900 Circuit 360 (Brian) 1200 Body Blast 30 Min Workout (Brian)	15 0900 Yoga (Donald)	16	17 0900 Yoga (Donald)	18 0900 Circuit 360 (Brian) 1200 Body Blast 30 Min Workout (Brian)
21 0900 Body Blast (Brian) 1200 Body Blast 30 Min Workout (Brian)	22 0900 Yoga (Donald)	23	24 0900 Yoga (Donald)	25 0900 Circuit 360 (Brian) 1200 Body Blast 30 Min Workout (Brian)
28 0900 Body Blast (Brian) 1200 Body Blast 30 Min Workout (Brian)	29 0900 Yoga (Donald)	30		

Classes will be on the tennis court. Call to register. Cost is \$3.00/person. Please dress for class at home, locker room is closed.
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