Starting July 31, 2017

# Group Fitness at Gruber Fitness Center

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| 530 | RPM/Cycling (Diane) | Cycling (Chester) | RPM/Cycling (Diane) | Cycling (Chester) | | |
| | Body Sculpt (Emily) | | Body Pump (Emily) | | | |
| 0830 | | | Body Pump (Lisa) | | | Body Pump (Emily) |
| 0900 | Body Pump (Lisa) | Body Pump (Emily) | | Body Pump (Emily) | Body Pump (Lisa) | Cycling (Chester) |
| | Yoga (Sarah) Starts Aug 7 | | Yoga (Kathy) Starts Aug 9 | | Yoga (Kathy) Starts Aug 11 | |
| 1015 | | Zumba Step (Felishia) | Zumba (Felishia) | Zumba Toning (Felishia) | | |
| 1200 | Performance Cycling (Chester) | Mid Day Burn (Fidelis) | Performance Cycling (Chester) | Mid Day Burn (Fidelis) | Performance Cycling (Chester) | |
| 1630 | Boot Camp (Kim) | RPM/Cycling (Heather) | Boot Camp (Kim) | RPM/Cycling (Heather) | | |
| 1700 | | Power Cut (Kim) | | Power Cut (Kim) | | |
| | Yoga (Marsha) | Yoga (Sarah) Starts Aug 8 | | Yoga (Sarah) | | |
| 1830 | | | | Zumba Toning (Felishia) | | |

***For class cancelations and updates please check the Fort Leavenworth FMWR Facebook page.**

**HIIT CLASS @ HARNEY SPORTS COMPLEX**
- Tue and Thu - 1115-1215

**AQUA AEROBICS @ HARNEY POOL**
- Mon, Wed, Fri - 0830-0930
- Tue and Thu —1600-1700

**AQUA AEROBICS @ GRANT POOL**
- Tue and Thu — 1000-1100

**FREE for Active Duty Military**

Single Ticket For $3.50

10 Tickets For $30

30 Day Unlimited For $40

**GRUBER FITNESS CENTER** - 200 Reynolds Ave. - 684-5120
Mon-Fri: 0500-2200, Sat and Sun: 0800-1800
**HARNEY SPORTS COMPLEX** - 185 Fourth St. - 684-2190
Mon-Fri: 0500-2100, Sat and Sun: 0800-1700

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https://leavenworth.armymwr.com/us/leavenworth