

FITNESS CENTER CALENDAR

JULY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	01	02	03	04	05
	0600 Conditioning # 0900 Pilates \$ 1130 Spin #	0600 Spin # 0830 Bootcamp # 1000 Yoga \$ 1230 Pilates \$ 1600 Spin Strength \$ 1830 Pound	1130 Spin # 1700 Spin Strength \$ 1800 Pilates \$	Happy 4 th of July	No Classes
07	08	09	10	11	12
No Classes	0900 Pilates \$ 1130 Spin # 1600 Yoga Strength \$	0600 Spin # 0830 Bootcamp # 1000 Yoga \$ 1230 Pilates \$ 1600 Spin Strength \$ 1830 Pound	1000 Yoga \$ 1130 Spin # 1800 Pilates \$	0600 Spin # 0830 Spin # 0930 Barbell \$ 1000 Zumba (V) # 1100 Hot Hula Fitness (V) 1200 Yoga \$	0800 Spin \$ 0930 Zumba \$
14	15	16	17	18	19
0600 Spin # 0830 Bootcamp # 0930 Barbell \$ 1045 Spin # 1115 Yoga (V) # 1600 Yoga \$ 1730 Zumba \$	0600 Conditioning # 0900 Pilates \$ 1130 Spin # 1600 Yoga Strength \$	0600 Spin # 0830 Bootcamp # 1000 Yoga # 1230 Pilates \$ 1600 Spin Strength \$ 1830 Pound	1000 Yoga \$ 1130 Spin # 1700 Spin Strength \$ 1800 Pilates \$	0600 Spin # 0830 Spin # 0930 Barbell \$ 1000 Yoga EFMP event # 1000 Zumba (V) # 1100 Hot Hula Fitness (V) 1200 Yoga \$	0800 Spin \$ 0930 Zumba \$ 1000 Yoga EFMP event #
21	22	23	24	25	26
0600 Spin # 0830 Bootcamp # 0930 Barbell \$ 1045 Spin # 1115 Yoga (V) # 1500 Teen Lifting (N) \$ 1600 Yoga \$ 1730 Zumba \$	0600 Conditioning # 0900 Pilates \$ 1130 Spin # 1600 Yoga Strength \$	0600 Spin # 0830 Bootcamp # 1000 Yoga \$ 1230 Pilates \$ 1600 Spin Strength \$ 1830 Pound	1000 Yoga \$ 1130 Spin # 1700 Spin Strength \$ 1800 Pilates \$	0600 Spin # 0830 Spin # 0930 Barbell \$ 1000 Zumba EFMP event # 1100 Hot Hula Fitness (V) 1200 Yoga \$	0800 Spin \$ 0930 Zumba \$
28	29	30	31	FOLLOW US FOR MORE INFORMATION!	
0600 Spin # 0830 Bootcamp # 0930 Barbell \$ 1045 Spin # 1500 Teen Lifting (N) \$ 1600 Yoga \$ 1730 Zumba \$	0600 Conditioning # 1600 Yoga Strength \$	0600 Spin # 0830 Bootcamp # 1000 Yoga \$ 1130 Strength Training \$ 1230 Pilates \$ 1600 Spin Strength \$ 1830 Pound	1000 Yoga \$ 1130 Spin # 1700 Spin Strength \$ 1800 Pilates \$		# - Free Class \$ - Paid Class (N) - Northside (V) - Vogelweh All classes are scheduled for 50 minutes.

Southside Fitness Center (SSFC)
DSN 480-0294, CIV 06371-47-0294
Monday-Friday: 0500-2100
Saturday: 0800-1800
24/7 access available:
Sunday/Family days /Holidays

Northside Fitness Center (NSFC)
DSN 480-4500, CIV 06371-47-4500
Monday-Friday: 0900-1700
24/7 access available: Saturday/Sunday/
Family days/Holidays

Vogelweh Gym
DSN 489-7329, CIV 0631-536-7329
Monday-Friday: 1100-1900
24/7 access available: Saturday/Sunday/
Family days/Holidays

DEPARTMENT OF THE AIR FORCE

