

# FITNESS CENTER CALENDAR MAY

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30 AM				Zumba® (\$) Building 720 • Gayla		
10 AM	Zumba® (\$) Building 720					Circl® (\$) Building 720
10:30 AM						Zumba® (\$) Building 720
11 AM	FIP/GPP Fitness Improvement Plan General Physical Preparedness Main Fitness Center	FIP/GPP Fitness Improvement Plan General Physical Preparedness Main Fitness Center	FIP/GPP Fitness Improvement Plan General Physical Preparedness Main Fitness Center	FIP/GPP Fitness Improvement Plan General Physical Preparedness Main Fitness Center	FIP/GPP Fitness Improvement Plan General Physical Preparedness Main Fitness Center	
11:15 AM		Yoga (\$) Building 720 • Annette		Yoga (\$) Building 720 • Annette		
11:30 AM	Cycle Club* Main Fitness Center *Not an Eglin F&S Fitness Program	Cycle Club* Main Fitness Center *Not an Eglin F&S Fitness Program		Cycle Club* Main Fitness Center *Not an Eglin F&S Fitness Program	Cycle Club* Main Fitness Center *Not an Eglin F&S Fitness Program	
2 PM	FIP/GPP Fitness Improvement Plan General Physical Preparedness Main Fitness Center	FIP/GPP Fitness Improvement Plan General Physical Preparedness Main Fitness Center	FIP/GPP Fitness Improvement Plan General Physical Preparedness Main Fitness Center	FIP/GPP Fitness Improvement Plan General Physical Preparedness Main Fitness Center	FIP/GPP Fitness Improvement Plan General Physical Preparedness Main Fitness Center	
4 PM	Zumba® (\$) Building 720 • Veronica	HIIT (\$) Building 720 • Susie	Zumba® (\$) Building 720 • Veronica	HIIT (\$) Building 720 • Susie	Zumba® (\$) Building 720	
5 PM	Yoga (\$) Building 720 • Loretta		Yoga (\$) Building 720 • Loretta			
	Boxing(\$\$) Main Fitness Center		Boxing(\$\$) Main Fitness Center			

(\$) Drop-In Class Fee: \$5 Per Class | Fitness Packages: 5 Classes: \$24 or 10 Classes: \$48

(\$\$) Boxing 1-on-1 Training: 1 Session - \$35 | 3 Sessions - \$99 | 10 Sessions - \$300  
 Personal Training: 1 Session - \$45 | 6 Sessions - \$235 | 12 Sessions - \$420



## Gate To Gate

Register by May 18!

**SATURDAY**  **MAY 25**

<https://register.chronotrack.com/r/78185>



REGISTER ONLINE

Scan Here!



**Register Today!**

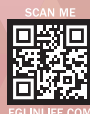
**May 25 | 8:30 AM**  
 @ the Running Track  
 Across From Unity Park

Remember Our Heroes!



Valor the Eagle's  
**Gate To Gate**  
 Kids Run

Open to  
 All Youth  
 Ages 5-12  
 with Base Access!



**Main Fitness Center (Bldg 810) 850-882-6223**  
 Physical Training Facility (Bldg 720) 850-883-6223  
 Fitness Group Contract Manager 850-603-1910