



# August 2024

Collier Community Fitness Center (CCFC) BLDG. 1949 Aerobics Room A			Zoeckler Fitness Center, BLDG. 1296 Aerobics Room		Turner Fitness Center, BLDG. 2063 Aerobics Room	
Th 1		1800 VINYASA FLOW YOGA	1015 ZUMBA			
F 2						
S 3						
Su 4						
M 5	0900 HIGH FITNESS		1030 BARBELL BASICS			
T 6		1800 ZUMBA		1015 ZUMBA		
W 7			1000 BARBELL BASICS	1730 ZUMBA		
Th 8		1800 VINYASA FLOW YOGA	1015 ZUMBA			
F 9	0900 HIGH FITNESS					
S 10						
Su 11						
M 12			1030 BARBELL BASICS			
T 13	0900 HIGH FITNESS	1800 ZUMBA		1015 ZUMBA		
W 14			1000 BARBELL BASICS	1730 ZUMBA		
Th 15		1800 VINYASA FLOW YOGA	1015 ZUMBA			
F 16	0900 HIGH FITNESS					
S 17						
Su 18						
M 19			1030 BARBELL BASICS			
T 20	0900 HIGH FITNESS	1800 ZUMBA		1015 ZUMBA		
W 21			1000 BARBELL BASICS	1730 ZUMBA		
Th 22		1800 VINYASA FLOW YOGA	1015 ZUMBA			
F 23	0900 HIGH FITNESS					
S 24						
Su 25						
M 26			1030 BARBELL BASICS			
T 27	0900 HIGH FITNESS	1800 ZUMBA		1015 ZUMBA		
W 28			1000 BARBELL BASICS	1730 ZUMBA		
T 29		1800 VINYASA FLOW YOGA	1015 ZUMBA			
F 30	Collier Fitness Center Closed					
S 31	0900 HIGH FITNESS					

Classes are \$4 payable at the front desk where the class is located or purchase a Punch Pass. Buy 10 classes and get one free with a \$40 Punch Pass that is tied directly to your DoD ID card. Punch Passes are non-refundable and non-transferrable. **Punch Passes expire 90 days after purchase date.**

All class participants must check in at the front desk to collect a class registration receipt. Must be 18 years or older (17 if Active Duty) to participate. **Class entry closes 10 minutes after starting.**

Full class descriptions can be viewed at [www.https://humphreys.armymwr.com/](https://humphreys.armymwr.com/).

Class times are subject to change. For updates, cancellations and notifications join the [Humphreys MWR Fitness Group](#) on Facebook.



Collier Community Fitness Center  
DSN 755-1671 - COMM 050-3355-1671

Zoeckler Fitness Center  
DSN 755-1679 - COMM 050-3355-1679

Turner Fitness Center  
DSN 755-1674 - COMM 050-3355-1674