

Joint Base Myer-Henderson Hall

Fort Myer Fitness Center
Fort McNair Fitness Center



FREQUENT FITNESS PASS

DROP-IN • 10 CLASS • 20 CLASS

\$3 fee per Drop-In class

Fitness Pass is \$25

Fitness Pass is \$40

STARTING JANUARY 9, 2012

Use your **FREQUENT FITNESS PASS** to drop in on any of these heart-pounding, sweatin' makin', pulse elevatin' fitness classes!

Fort Myer and McNair Fitness Center Fitness Schedules							
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Class Descriptions
0530-0730	Boot Camp Sharon	Spinning Larry	Boot Camp Sharon	Spinning Larry	No charge for classes during PT hours (0530-0730)		Boot Camp: Drills and thrills- prepare to work! Class features body conditioning with cardio drills, abdominal work and stretching.
0930-1045	Never 2 Late Sylvia		Never 2 Late Sylvia		Never 2 Late Sylvia		Fit Chic: is an exercise class that specializes in women's group exercise for all fitness levels, ages, shapes and sizes! Come enjoy a fun and very effective workout.
1030		Fit Chic Paula		Fit Chic Paula		Spinning Caitlyn	Never 2 Late: Invigorating stretching and lengthening of the muscles to ease tension and build flexibility followed by strength exercises. Class increases function and movement to improve quality of life.
1130		Pilates Elisabeth		Pilates Elisabeth		Power Yoga Caitlyn	Pilates: (Non-Traditional) Pilates and other movement principles are fused and set to fun music. Emphasis is on strengthening the core, increase upper, lower body strength & flexibility.
1200 ***				Fort McNair Zumba			Power Yoga : A more intense, flowing style of yoga with emphasis on strength and flexibility moves
1630	Zumba Sylvia		Zumba Sylvia				Spinning: Cycling class geared for all levels. Blast away those calories with high energy spinning drills, interval training, and strength rides. Bring a towel and water bottle.
1730 ***		Fort McNair BootCamp		Fort McNair Zumba			Zumba™: fuses hypnotic Latin rhythms and easy-to-follow moves to create Exercise in Disguise. FUN! You don't even have to know how to dance!
1800		Boot Camp Brandon		Boot Camp Brandon			Yoga: Yoga asanas with breathing, centering, meditation, and body alignment to increase flexibility
1845	Spinning Caitlyn			Yoga Caitlyn	Power Yoga Caitlyn		*** Classes held at Ft. McNair***
							Drop-In Pass \$3 * 10 Class Pass \$25 20 Class Pass \$40

...HERE'S HOW!

1. Pay with cash or check at the Myer Fitness Center.
2. Participants must be at least 16 yrs of age.
3. Class locations are subject to change.
4. "Drop-In" cards must be turned in upon use
5. "10 & 20 Class" cards must be punched before class.
6. All cards expire 6 months from date of purchase.
7. Lost cards are the responsibility of the patron.
8. Refunds will be offered for PCS moves. Written verification is required.



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