

# Monti Physical Fitness Center

## Group Fitness Schedule

November 2018						
◀ Oct 2018						Dec 2018 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</b> Yoga- 0915 Zumba- 1030 Power Ride w/ Rick- 1800 Zumba- 1900	<b>2</b> Body Blast- 0930 Yoga w/ Courtney- 1145	<b>3</b> Zumba- 0930
<b>4</b> Daylight Saving Time Ends	<b>5</b> Body Blast- 0930 Yoga w/Courtney- 1145 Zumba- 1800	<b>6 Election Day</b> Yoga- 0915 HIIT.- 1030 Cycling- 1730 Zumba- 1830	<b>7</b> Cardio Fit- 0930 Power Ride w/ Rick- 1800	<b>8</b> Yoga- 0915 Zumba- 1030 Power Ride w/ Rick- 1800 Zumba- 1900	<b>9</b> DONSA 0900-1700  Body Blast- 0930	<b>10</b> Zumba- 0930
<b>11 Veterans Day</b>	<b>12</b> Body Blast- 0930 Yoga w/Courtney- 1145 Zumba- 1800	<b>13</b> Yoga- 0915 HIIT.- 1030 Cycling- 1730 Zumba- 1830	<b>14</b> Cardio Fit- 0930 Power Ride w/ Rick- 1800	<b>15</b> Yoga- 0915 Zumba- 1030 Power Ride w/ Rick- 1800 Zumba- 1900	<b>16</b> Body Blast- 0930 Yoga w/ Courtney- 1145	<b>17</b> Zumba- 0930
<b>18</b>	<b>19</b> Body Blast- 0930 Yoga w/Courtney- 1145 Zumba- 1800	<b>20</b> Yoga- 0915 HIIT.- 1030 Cycling- 1730 Zumba- 1830	<b>21</b> Cardio Fit- 0930	<b>22 Thanksgiving Day</b> CLOSED  NO CLASSES	<b>23</b> DONSA- 0900-1700  NO CLASSES	<b>24</b> NO CLASSES
<b>25</b>	<b>26</b> Body Blast- 0930 Yoga w/Courtney- 1145 Zumba- 1800	<b>27</b> Yoga- 0915 HIIT.- 1030 Cycling- 1730 Zumba- 1830	<b>28</b> Cardio Fit- 0930	<b>29</b> Yoga- 0915 Zumba- 1030 Zumba- 1900	<b>30</b> Body Blast- 0930 Yoga w/ Courtney- 1145	

4305 Conway Road  
315-772-4936

Monday–Friday: 5:30 am to 10 pm  
Weekends, Holidays & DONSA: 7 am to 3 pm  
Pool: closed until further notice



Find us at [drum.armymwr.com/programs/monti-physical-fitness-center](http://drum.armymwr.com/programs/monti-physical-fitness-center) and follow us on Facebook @montigym