

Monti Physical Fitness Center

Group Fitness Schedule

December 2018						
◀ Nov 2018						Jan 2019 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Zumba- 0930
2	3 Body Blast- 0930 Yoga w/Courtney- 1145 Zumba-1800	4 Yoga- 0915 Cycling- 1730 Zumba- 1830	5 Cardio Fit- 0930 Power Ride W/ Rick- 1800	6 Power Ride w/ Rick-1800 Zumba- 1900	7 Body Blast- 0930 Yoga w/ Courtney-1145	8 Zumba- 0930
9	10 Body Blast- 0930 Yoga w/Courtney- 1145 Zumba-1800	11 Yoga- 0915 Cycling- 1730 Zumba- 1830	12 Cardio Fit- 0930 Power Ride W/ Rick- 1800	13 Power Ride w/ Rick-1800 Zumba- 1900	14 Body Blast- 0930 Yoga w/Courtney- 1145	15 Zumba- 0930
16	17 Body Blast- 0930	18 Yoga- 0915	19 Cardio Fit- 0930	20	21 Winter Solstice Body Blast- 0930	22 Zumba- 0930
23	24 NO CLASSES	25 Christmas NO CLASSES	26 NO CLASSES	27 NO CLASSES	28 NO CLASSES	29 NO CLASSES
30	31 NO CLASSES					



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 and follow us on Facebook @montigym