

MUELLER FITNESS CENTER
DSN: 440-2747 CIV: 08821 750-2747
HOURS OF OPERATION:
MONDAY – FRIDAY 0530 - 2000
SUNDAY 1030 – 1900
CLOSED ON SATURDAYS AND
US HOLIDAYS

February 2018

Spinning

Indoor cycling class, focusing on muscle endurance and strength, followed by a 15 min session of flexibility exercise.

SCAT (Strength Cardio Agility Training)

Great way to burn fat, lose weight and get ultra-fit. This class is designed in the circuit format and is easy to follow at your own level of fitness.

AGT (Abs-Gluts-Thighs)

Designed to work everything between the chest and knees, this class will help you to tone and re-shape those abs, legs, and glutes.

Healthy Lifestyle Challenge 2018

TRX Class

Thursday, Feb 1 @ 1730 (MFC)

Vegetarian Recipe Exchange Evening

Thursday, Feb 8 @ 1730 (Pete Burke Center)

Trivia Night

Thursday, Feb 22 @ 1730 (Pete Burke Center)

Fitness Assessments Feb 26 - Mar 4

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 CLOSED
4	5 1200 Spin	6 1200 SCAT	7 0900 AGT	8 1200 SCAT	9	10 CLOSED
11	12 1200 Spin	13 1200 SCAT	14 0900 AGT	15 1200 SCAT 1730Spin	16	17 CLOSED
18	19 CLOSED President's Day	20 1200 SCAT	21 0900 AGT	22 1200 SCAT	23	24 CLOSED
25	26 HLC Fitness assessments	27 HLC Fitness assessments	28 HLC Fitness assessments			