



Baumholder Family and MWR

Fitness, Athletics & Aquatics Team

JUL

(FREE) Outdoor Fitness Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 CARDIO KICKBOXING @5:30 pm (MIN)	2 TOTAL BODY SCULPT @10:00 Am (MIN)	3	4
5	6 CIRCUIT TRAINING @9:00 am (MIN)	7 ZUMBA! @10:00 am (MIN)	8 PLYOMETRICS @9:00 am (MIN) CARDIO KICKBOXING @5:30 pm (MIN)	9 TOTAL BODY SCULPT @10:00 Am (MIN)	10 MENTAL FITNESS @12:00 pm (MIN)	11
12	13 CIRCUIT TRAINING @9:00 am (MIN)	14	15 PLYOMETRICS @9:00 am (MIN)	16	17 MENTAL FITNESS @12:00 pm (MIN)	18
19	20 CIRCUIT TRAINING @9:00 am (MIN) HIIT @5:30 pm (MIN)	21 ZUMBA! @10:00 am (MIN)	22 PLYOMETRICS @9:00 am (MIN) CARDIO KICKBOXING @5:30 pm (MIN)	23 TOTAL BODY SCULPT @10:00 Am (MIN)	24 MENTAL FITNESS @12:00 pm (MIN)	25
26	27 CIRCUIT TRAINING @9:00 am (MIN) HIIT @5:30 pm (MIN)	28 ZUMBA! @10:00 am (MIN)	29 PLYOMETRICS @9:00 am (MIN) CARDIO KICKBOXING @5:30 pm (MIN)	30 TOTAL BODY SCULPT @10:00 Am (MIN)	31 MENTAL FITNESS @12:00 pm (MIN)	

Baumholder Outdoor Fitness Locations

(MIN) = Minick Field, Hall of Champions, Smith Barracks

PLEASE NOTE

- 50 participant max (including instructor & employee).
- Social distancing must be practiced at all times.
- Participants need to bring their own mats, towels, water, etc.
- Employee will be on site to aid instructors & monitor crowd.
- Roster data will be collected for tracing/contractor payment purposes.
- Weather note: If it is raining, classes will be cancelled.