



INSTALLATION MANAGEMENT COMMAND

Baumholder Family and MWR

Fitness, Athletics & Aquatics Team

March

"Strong is the new skinny." - Unknown

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Circuit-Training 9 - 10 am @ Mountaineer	5	6 Circuit-Training 9 - 10 am @ Mountaineer No Zumba will resume March 20	7	8	9
10	11 Circuit-Training 9 - 10 am @ Mountaineer	12	13 Circuit-Training 9 - 10 am @ Mountaineer No Zumba will resume March 20	14	15	16 WARRIOR CHALLENGE 5K (HOC)
17	18 Circuit-Training 9 - 10 am @ Mountaineer	19	20 Circuit-Training 9 - 10 am @ Mountaineer Zumba 6-6:45 pm @ Mountaineer	21	22	23
24	25 Circuit-Training 9 - 10 am @ Mountaineer	26	27 Circuit-Training 9 - 10 am @ Mountaineer Zumba 6-6:45 pm @ Mountaineer	28	29	30
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Baumholder Fitness Locations

Mountaineer Fitness Center
Smith Baracks, Bldg. 8220
531-3405 or 0611-143-531-3405

Hall of Champions Fitness Center
Smith Baracks, Bldg. 8220
531-3405 or 0611-143-531-3405

