



# Semper Fit

## January 2018

### January Schedule

**Hours of Operation-** Mon - Fri 0500-2100  
Sat & Sun 0800-1500

**Yoga-** Tue(1700- 1800) Wed (1130- 1230) in the Aerobics Room

**Spin Cycle-** Tues (1130-1200) Thurs (1800-1900)

**Fat Burning Fitness Fusion-** Kick off the new year with a variety of fun and fitness 10 Jan(1700-1900) in the Aerobics Room.

**Bootcamp Stroller Walk-** Hardcore fun walk around the base every Thursday as a 5 week program (0900-1000) meet at the Gym

**Weight Management Seminar-** 25 Jan (1130- 1230) in the Aerobics Room

**-OTFM:** Operation Tobacco Free Marine Semper Fit Office 29 Jan, 1130-1200

**FREE CLASSES ALL JANUARY TO KICK START YOUR HEALTH! STARTING FEB 1<sup>st</sup>, FEES APPLY: \$3.00/class for DOD, Retirees, and family members, \$5 for guests (must be accompanied by authorized patron) or 10 classes for \$25.00 (Active Duty Free)**

### January Holiday Closures

**01 Fitness Center Closed for New Years Day**  
**15 Fitness Center Closed for Martin Luther King Day**

Sun Mon Tue Wed Thu Fri Sat

	1	2	3	4	5	6
	<b>1</b> Fitness Center Closed				<b>5</b> Resolution Run 1300-1730	
7	8	9 Spin 1130- 1200 Yoga- 1700-1800	10 Yoga- 1130-1230 Fat burning Fitness Fusion 1700-1900	11 Bootcamp Stroller Walk 9-10am Spin-1800-1900	12	13
14	<b>15</b> CLOSED. Dr. Martin Luther King Jr. Holiday	16 Spin 1130- 1200 Yoga- 1700-1800	17 Yoga- 1130-1230	18 Bootcamp Stroller Walk 9-10am Spin- 1800-1900	19	20
21	22 Weight Mgmt. Seminar- 1130-1230	23 Spin 1130- 1200 Yoga- 1700-1800	24 Yoga- 1130-1230	25 Bootcamp Stroller Walk 9-10am Spin- 1800-1900	26	27
28	29 OTFM 1130-1200	30 Spin 1130- 1200 Yoga- 1700-1800	31 Yoga- 1130-1230			

**Semper Fit**  
**Contact Information**

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