

Aerobics at Gruber Fitness Center

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0630	Spin				Spin	
0830						Body Pump
0900	Body Pump	Pilates	Body Pump	Pilates	Body Pump	
1000	Butts & Guts	Active Yoga	Cardio Express	Active Yoga		Yoga
1130		Body Pump		Body Pump		
1600		Zumba		Zumba		
1630	Bootcamp		Power Cut			
1700		Body Pump		Body Pump		
1800				Zumba		



Water Aerobics at Harney Indoor Pool

ATHLETIC WATER AEROBICS • Tuesday & Thursday 1645-1745
 LOW H2O • Monday, Wednesday, Friday 0900-1000

**\$3.50 at the door
 or purchase
 10 punches for
 \$30**



GRUBER FITNESS CENTER • 200 Reynolds Ave. • 684-5120
 HARNEY INDOOR POOL • 185 Fourth St. • 684-2190
www.fortleavenworthmwr.com