

The DTA Fitness Center announces a new set of classes and athletic offerings

Contractor Instructed Yoga  
@ Fitness Center Multipurpose Room  
Tuesday 11:00-12:00pm  
Duration: 8 weeks  
Start: October 11  
Cost- \$60.00  
Drop in \$8.00  
Limit 15

Contractor Instructed Zumba-A  
@ Fitness Center Multipurpose Room  
Tuesday 3:30-4:30  
Duration: 8 weeks  
Start: October 11  
Cost- \$55.00  
Drop in \$8.00  
Limit 15

Contractor Instructed Zumba-B  
@ Fitness Center Multipurpose Room  
Tuesday 4:30-5:30  
Duration: 8 weeks  
Start: October 11  
Cost- \$55.00  
Drop in \$8.00  
Limit 15

Contractor Instructed Pilates  
@ Fitness Center Multipurpose Room  
Thursday 11:00-12:00pm  
Duration: 8 weeks  
Start: October 13  
Cost- \$55.00  
Drop in \$8.00  
Limit 15

Contractor Instructed Cardio Kickboxing-A  
@ Fitness Center Multipurpose Room  
Thursday 3:30-4:30  
Duration: 8 weeks  
Start: October 13  
Cost- \$55.00  
Drop in \$8.00  
Limit 15

Contractor Instructed Cardio Kickboxing-B

@ Fitness Center Multipurpose Room  
Thursday 4:30-5:30  
Duration: 8 weeks  
Start: October 13  
Cost- \$55.00  
Drop in \$8.00  
Limit 15

Contractor Instructed Boot Camp -A  
@ Fitness Center Multipurpose Room  
Monday 5:15-6:15  
Duration: 8 weeks  
Start: October 17  
Cost- \$75.00  
Drop in \$10.00  
Limit 15

Contractor Instructed Boot Camp -B  
@ Fitness Center Multipurpose Room  
Wednesday 5:15-6:15  
Duration: 8 weeks  
Start: October 12  
Cost- \$75.00  
Drop in \$10.00  
Limit 15

Registration available on Wednesday September 21st:  
Online at: <https://webtrac.mwr.army.mil/webtrac/detroitrectrac.html>  
At Detroit Arsenal Fitness Center Bldg. 230  
call 586-282-9117 or 5606 to inquire.

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P90X Class (DVD)  
@ Fitness Center Multipurpose Room  
Monday- Friday 12:00- 1:15  
Start: October 10  
Cost-\$ 50 or \$25 provide your own 2 (ex: light & heavy) exercise bands  
Duration: 13 weeks  
Limit 6

Registration available on Wednesday 21st:  
Online at: <https://webtrac.mwr.army.mil/webtrac/detroitrectrac.html>  
At Detroit Arsenal Fitness Center Bldg. 230  
call 586-282-9117 or 5606 to inquire.

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