



U.S. ARMY GARRISON - DETROIT ARSENAL
 FAMILY AND MORALE, WELFARE AND RECREATION



FITNESS CENTER OFFERS...

Group Aerobics Free

@ Fitness Center **Tuesday/Thursday** **1100-1200Pm** **Limit 6**

Group Walker's Club Free

@ Fitness Center **Tuesday/Thursday** **11:00-12:00Pm** **No Limit**

Group Interval Training-A Free

@ Fitness Center **Monday/Wednesday** **2:30-3:30Pm** **Limit 6**

Group Interval Training-B Free

@ Fitness Center **Monday/Tuesday/Wednesday/Thursday** **3:30-4:30Pm** **Limit 6**

Crossfit Class- Free

@ Fitness Center **Tuesday/Thursday** **2:30-3:30Pm** **Limit 6**

Zumba Cost-TBA Starts Feb 22

@ CDC Multipurpose Room **Monday/Wednesday** **5:15-6:15Pm** **Limit 25**

Yoga Cost-TBA Starts Feb 23

@ CDC Multipurpose Room **Tuesday/Thursday** **5:15-6:15Pm** **Limit 25**

P90X Cost-\$30 Starts Feb 8

@ Fitness Center **Monday- Friday** **1:00-1:15Pm** **Limit 6**

Massage Therapy Coming Soon...Cost-TBA

Stop in, Call 282.5606/8885, or email DAMI_FMWRFitness to inquire.



SUBJECT TO CHANGE

