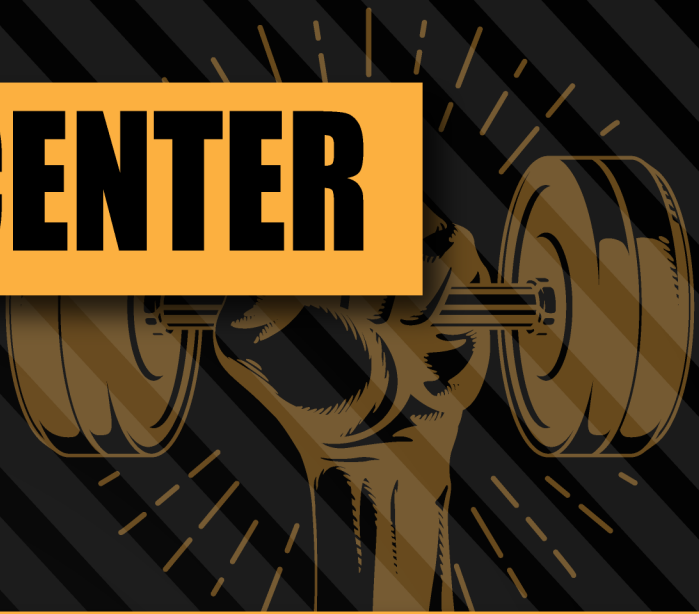


WHEELOCK FITNESS CENTER

MONTHLY

GROUP FITNESS CALENDAR



MONDAYS
CYCLING WITH CARMEN @6:30 PM

TUESDAYS
YOGA WITH JULES @9 AM
R.I.P.P.E.D WITH CARMEN @6 PM

WEDNESDAYS
ZUMBA WITH SENETENARI @6 PM

THURSDAYS
YOGA WITH JULES @9 AM

SATURDAYS
CYCLING WITH CARMEN @9 AM
ZUMBA WITH SENETENARI @10:15 AM

SUNDAYS
YOGA WITH JULES @10 AM

CALL WHEELOCK FITNESS CENTER AT
337-531-6795
WITH ANY QUESTIONS!

7755 Georgia Ave. BLDG 3350
polk.armymwr.com



CLASSES OPEN TO ACTIVE DUTY, RETIREES, FAMILY MEMBERS & DOD CIVILIANS
(block leave could impact classes)

\$3 PER CLASS
CREDIT CARD PAYMENTS
ONLY