

JANUARY 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Closed	2 Core Strength 0630-0700 Mobility Stretch 0700-0730 Reiki Therapy 1100-1300	3 ACFT Training 0600-0700 Functional Strength 0845-0945 Tai Chi 1030-1130	4 Vinyasa Yoga by Veterans Yoga Project 0930 - 1030
5 Sunday Family Gym 1300 - 1500	6 ACFT Training 0600-0700 Functional Strength 0845-0945	7 Core Strength 0630-0700 Mobility Stretch 0700-0730 Reiki Therapy 1100-1300	8 ACFT Training 0600-0700 Functional Strength 0845-0945 Tai Chi 1030-1130	9 Core Strength 0630-0700 Mobility Stretch 0700-0730 Reiki Therapy 1100-1300 Chiropractor 1730-1900	10 ACFT Training 0600-0700 Functional Strength 0845-0945 Tai Chi 1030-1130	11 Vinyasa Yoga by Veterans Yoga Project 0930 - 1030
12 Sunday Family Gym 1300 - 1500	13 ACFT Training 0600-0700 Functional Strength 0845-0945	14 Core Strength 0630-0700 Mobility Stretch 0700-0730 Reiki Therapy 1100-1300	15 ACFT Training 0600-0700 Functional Strength 0845-0945 Tai Chi 1030-1130	16 Core Strength 0630-0700 Mobility Stretch 0700-0730 Reiki Therapy 1100-1300 Chiropractor 1730-1900	17 ACFT Training 0600-0700 Functional Strength 0845-0945 Tai Chi 1030-1130	18 Vinyasa Yoga by Veterans Yoga Project 0930 - 1030
19 Sunday Family Gym 1300 - 1500	20	21 Core Strength 0630-0700 Mobility Stretch 0700-0730 Reiki Therapy 1100-1300	22 ACFT Training 0600-0700 Functional Strength 0845-0945 Tai Chi 1030-1130	23 Core Strength 0630-0700 Mobility Stretch 0700-0730 Reiki Therapy 1100-1300 Chiropractor 1730-1900	24 ACFT Training 0600-0700 Functional Strength 0845-0945 Tai Chi 1030-1130	25 Vinyasa Yoga by Veterans Yoga Project 0930 - 1030
26 Sunday Family Gym 1300 - 1500	27 ACFT Training 0600-0700 Functional Strength 0845-0945	28 Core Strength 0630-0700 Mobility Stretch 0700-0730 Reiki Therapy 1100-1300	29 ACFT Training 0600-0700 Functional Strength 0845-0945 Tai Chi 1030-1130	30 Core Strength 0630-0700 Mobility Stretch 0700-0730 Reiki Therapy 1100-1300 Chiropractor 1730-1900	31 ACFT Training 0600-0700 Functional Strength 0845-0945 Tai Chi 1030-1130	

ACFT Training: Preparatory class available to teach and demonstrate main exercises, accessory functional strength, cardiovascular, and mobility drills

Reiki Therapy: Tuesday/Thursday • 1100-1300 Relax and enhance your sense of wellbeing through energy healing.

Mobility Stretch: Tuesday/Thursday • 0700-0730.

Boxing Training: Tuesday/Thursday • 1730-1900.

Wellbeats: Variety of classes available, hotspot required for use.



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Fort Hamilton Sports & Fitness Center