

OCTOBER 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Functional Strength 0600-0700 Mobility Stretch 0700-0730 Reiki Therapy 1100-1300	2 ACFT Training 0600-0700 Functional Strength 0830-0930 Tai Chi 0930-1030	3 Functional Strength 0600-0700 Mobility Stretch 0700-0730 Reiki Therapy 1100-1300 Chiropractor 1730-1900	4 ACFT Training 0600-0700 Functional Strength 0830-0930 Tai Chi 1030-1130	5 Vinyasa Yoga by Veterans Yoga Project 0930 - 1030
6 Sunday Family Gym 1300 - 1500	7 ACFT Training 0600-0700 Functional Strength 0830-0930	8 Functional Strength 0600-0700 Mobility Stretch 0700-0730 Reiki Therapy 1100-1300	9 ACFT Training 0600-0700 Functional Strength 0830-0930 Tai Chi 0930-1030	10 Functional Strength 0600-0700 Mobility Stretch 0700-0730 Reiki Therapy 1100-1300	11 ACFT Training 0600-0700 Functional Strength 0830-0930 Tai Chi 1030-1130	12 Vinyasa Yoga by Veterans Yoga Project 0930 - 1030
13 Sunday Family Gym 1300 - 1500	14 ACFT Training 0600-0700 Functional Strength 0830-0930	15 Functional Strength 0600-0700 Mobility Stretch 0700-0730 Reiki Therapy 1100-1300	16 ACFT Training 0600-0700 Functional Strength 0830-0930 Tai Chi 0930-1030	17 Functional Strength 0600-0700 Mobility Stretch 0700-0730 Reiki Therapy 1100-1300 Chiropractor 1730-1900	18 ACFT Training 0600-0700 Functional Strength 0830-0930 Tai Chi 1030-1130	19 Vinyasa Yoga by Veterans Yoga Project 0930 - 1030
20 Sunday Family Gym 1300 - 1500	21 ACFT Training 0600-0700 Functional Strength 0830-0930	22 Functional Strength 0600-0700 Mobility Stretch 0700-0730 Reiki Therapy 1100-1300	23 ACFT Training 0600-0700 Functional Strength 0830-0930 Tai Chi 0930-1030	24 Functional Strength 0600-0700 Mobility Stretch 0700-0730 Reiki Therapy 1100-1300 Chiropractor 1730-1900	25 ACFT Training 0600-0700 Functional Strength 0830-0930 Tai Chi 1030-1130	26 Vinyasa Yoga by Veterans Yoga Project 0930 - 1030
27 Sunday Family Gym 1300 - 1500	28 ACFT Training 0600-0700 Functional Strength 0830-0930	29 Functional Strength 0600-0700 Mobility Stretch 0700-0730 Reiki Therapy 1100-1300	30 ACFT Training 0600-0700 Functional Strength 0830-0930 Tai Chi 0930-1030	31 Functional Strength 0600-0700 Mobility Stretch 0700-0730 Reiki Therapy 1100-1300		

Mobility Stretch: Tuesday/Thursday • 0700-0730

ACFT: Trainer and classes available Monday, Wednesday, Friday • 0600-0930

Reiki will be held every Tuesday and Thursday

Yoga will be held every Saturday



Hamilton.ArmyMWR.com

Fort Hamilton Sports & Fitness Center