

FITNESS CENTER CALENDAR NOVEMBER

ALL FITNESS CLASSES HAVE A DURATION OF 60 MINUTES & HELD AT MAIN FITNESS CENTER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



CAC/Proximity Card Based Entry System
EGLIN FITNESS & SPORTS
ACCESS



DoD Dependents
 Ages 13 -17 Eligible!
SCAN HERE
 24/7 Registration
 Locations & Times

MAIN FITNESS • FIELD HOUSE • LIGHTNING FACILITY • REGISTER in-person for EACH Location!

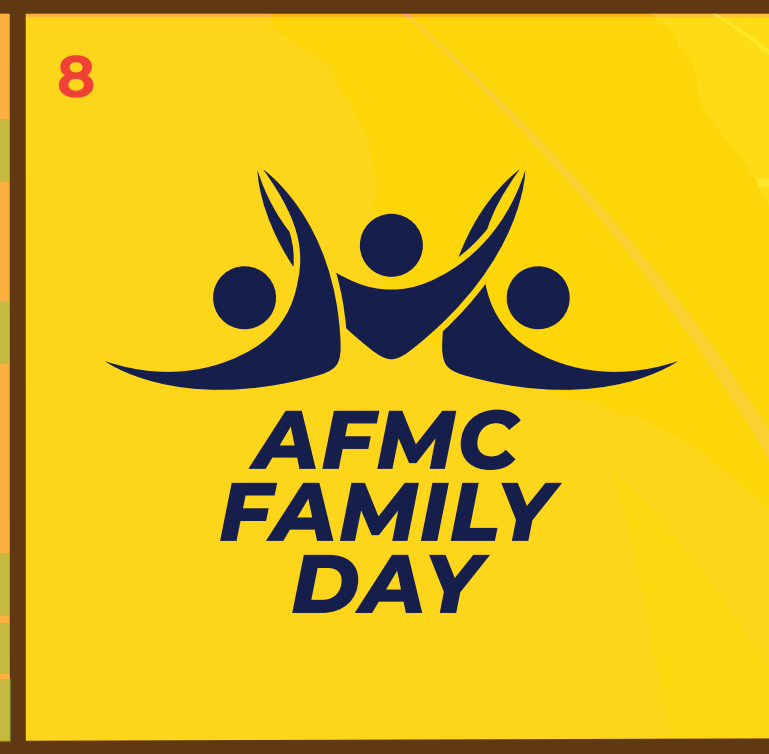
1
 10AM AWW (Ages 60+)
 11 AM FIP/GPP
 11:30 AM Cycle Club*
 2 PM FIP/GPP

4
 10 AM AWW (Ages 60+)
 11 AM FIP/GPP
 11:30 AM Cycle Club*
 2 PM FIP/GPP
 4 PM Zumba® (\$) **5**
 5 PM Yoga (\$)
 6 PM Dance Fusion (\$)

5
 9:15 AM HIIT(\$)
 10 AM TTLL
 11 AM FIP/GPP
 11:15 AM Yoga (\$)
 11:30 AM Cycle Club*
 2PM FIP/GPP
 3PM F.I.T.
 5 PM Zumba® (\$)

6
 10AM AWW (Ages 60+)
 11 AM FIP/GPP
 12:30 PM F.I.T.
 2 PM FIP/GPP
 3 PM TTLL
 4 PM Zumba® (\$) **7**
 5 PM Yoga (\$)
 6 PM Pilates (\$)

7
 9:30AM Zumba® (\$) **8**
 10 AM TTLL
 11 AM FIP/GPP
 11:15 AM Yoga (\$)
 11:30 AM Cycle Club*
 2 PM FIP/GPP
 3 PM F.I.T.
 4:30 PM CIRCL Mobility™(\$)
 5 PM Zumba® (\$) **9**
 6 PM Yoga (\$)



11
 9:15 AM HIIT(\$)
 10 AM TTLL
 11 AM FIP/GPP
 11:15 AM Yoga (\$)
 11:30 AM Cycle Club*
 2PM FIP/GPP
 3PM F.I.T.
 5 PM Zumba® (\$)

12
 10AM AWW (Ages 60+)
 11 AM FIP/GPP
 12:30 PM F.I.T.
 2 PM FIP/GPP
 3 PM TTLL
 4 PM Zumba® (\$) **13**
 5 PM Yoga (\$)
 6 PM Pilates (\$)

14
 9:30AM Zumba® (\$) **15**
 10 AM TTLL
 11 AM FIP/GPP
 11:15 AM Yoga (\$)
 11:30 AM Cycle Club*
 2 PM FIP/GPP
 3 PM F.I.T.
 4:30 PM CIRCL Mobility™(\$)
 5 PM Zumba® (\$) **16**
 6 PM Yoga (\$)

10AM AWW (Ages 60+)
 11 AM FIP/GPP
 11:30 AM Cycle Club*
 2 PM FIP/GPP

18
 10 AM AWW (Ages 60+)
 11 AM FIP/GPP
 11:30 AM Cycle Club*
 2 PM FIP/GPP
 4 PM Zumba® (\$) **19**
 5 PM Yoga (\$)
 6 PM Dance Fusion (\$)

19
 9:15 AM HIIT(\$)
 10 AM TTLL
 11 AM FIP/GPP
 11:15 AM Yoga (\$)
 11:30 AM Cycle Club*
 2PM FIP/GPP
 3PM F.I.T.
 5 PM Zumba® (\$)

20
 10AM AWW (Ages 60+)
 11 AM FIP/GPP
 12:30 PM F.I.T.
 2 PM FIP/GPP
 3 PM TTLL
 4 PM Zumba® (\$) **21**
 5 PM Yoga (\$)
 6 PM Pilates (\$)

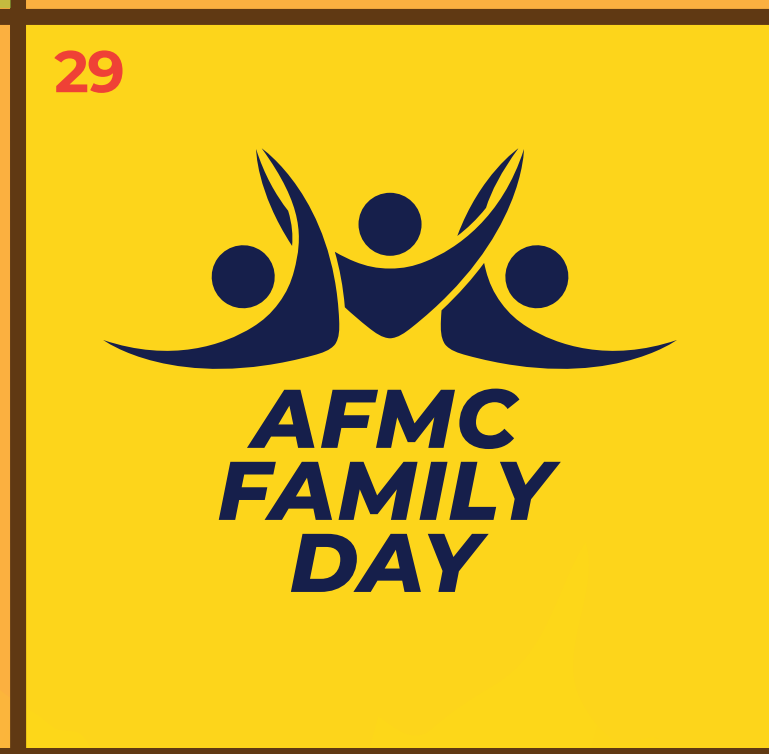
21
 9:30AM Zumba® (\$) **22**
 10 AM TTLL
 11 AM FIP/GPP
 11:15 AM Yoga (\$)
 11:30 AM Cycle Club*
 2 PM FIP/GPP
 3 PM F.I.T.
 4:30 PM CIRCL Mobility™(\$)
 5 PM Zumba® (\$) **23**
 6 PM Yoga (\$)



25
 10 AM AWW (Ages 60+)
 11 AM FIP/GPP
 11:30 AM Cycle Club*
 2 PM FIP/GPP
 4 PM Zumba® (\$) **26**
 5 PM Yoga (\$)
 6 PM Dance Fusion (\$)

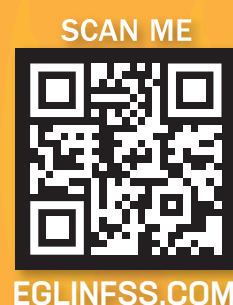
26
 9:15 AM HIIT(\$)
 10 AM TTLL
 11 AM FIP/GPP
 11:15 AM Yoga (\$)
 11:30 AM Cycle Club*
 2PM FIP/GPP
 3PM F.I.T.
 5 PM Zumba® (\$)

27
 10AM AWW (Ages 60+)
 11 AM FIP/GPP
 12:30 PM F.I.T.
 2 PM FIP/GPP
 3 PM TTLL
 4 PM Zumba® (\$) **28**
 5 PM Yoga (\$)
 6 PM Pilates (\$)



■ = \$7 Drop in Class Fee *Not an Eglin F&S Program. No Classes held on Federal Holidays or AFMC Family Days.

Subject to change without notice. Current as of 10-17-24.



Main Fitness Center (Bldg 810) 850-882-6223
 Fitness Group Contract Manager 850-603-1910