

POTTER FITNESS CENTER

AEROBATHON

Saturday, Jan. 13
8 a.m.–Noon
**Potter Fitness
Center**

Start your New Year off getting fit at the Aerobathon! Participate in one, a few or all of our featured fitness classes. All classes are free and the instructors will take you through the moves, stretches and routines so you get the most out of your workout.

AEROBATHON SCHEDULE

8–8:30 a.m. | Dirty 30
8:30–9 a.m. | Boxercise
9–9:30 a.m. | HIGH Fitness
9:30–10 a.m. | Zumba
10–10:30 a.m. | Indoor Cycling
10:30–11 a.m. | Hip Hop Aerobics
11–Noon | Gentle Yoga



35th
FSS
Misawa Air Base, Japan

