

## Sports & Fitness

### Finney Fitness Center

Bldg. 64 on Conn Barracks

353-8234 or 09721-968234

Mon - Thurs, 6am-9pm; Sat & Sun, 9am-5pm

Finney Fitness Center offers a wide array of cardiovascular equipment, free weights and weight machines. Finney also has two racquetball courts, a basketball court and a climbing wall.

#### Fitness Classes

**Spinning** Mon 6:45-7:30 a.m. & Wed 9-10 a.m.

**Weight Training** Mon, Wed & Fri 9-10 a.m.

**Aerobics** Tues & Thurs 9-10 a.m. & 6-7 p.m. Hi & Lo Impact.

**Personal Training Advisor** Available upon request.

#### Family Member Fitness Program

NO MORE EXCUSES! SAS is offering FREE CHILDCARE for those who participate from 9-11 a.m. on Tues & 11:30 a.m.-1:30 p.m. on Thurs Stop by or call the CDC at 09721-966281.

### Kessler Fitness Center

Bldg. 451 outside Ledward Barracks

354-6735 or 09721-966735

Mon to Fri, 6 a.m. - 9 p.m.;

Sat 11 a.m. - 7 p.m. Closed on Sundays. Open on American holidays from 11 a.m. - 7 p.m.

Kessler offers cardiovascular equipment, a complete free weight room, three state-of-the-art racquetball courts, a basketball court, volleyball courts, a sauna and wallyball every day from 11 a.m.-12:30 p.m.

## Recreation News

### Finney Sports & Leisure Center

Bldg. 64 on Conn Barracks

353-8476 or 09721-82041

Mon - Fri, 4-8 p.m. & Sat - Sun, 2-6 p.m.

#### TaeKwon-Do Classes

Finney Sports & Leisure Center offers classes for men, women and children ages six and older. The classes are taught by George Kampitsas, an internationally qualified martial arts instructor. Cost is \$40 monthly/person and are held every Mon and Wed from 5-6:30 p.m. for children and 7-8:30 p.m. for adults. If two or more students from the same family participate, the second student pays only \$35. To sign up, please contact Silvia Joiner, 354-6270.

### Family Friendly Fun



Indoor Adventure Pool "KissSalis"

September 10, 9 a.m.-2 p.m.

Nuernburg Toy Museum

September 22, 8:30 a.m.-2 p.m.

Please call Silvia Joiner for details and to sign up: 354-6270

### Wanted: Sports Officials

The CYS Sports Program provides an excellent training ground for individuals interested in officiating sports. Experienced and novice officials are encouraged to apply. Please call 354-6822 for more information on officiating, scoring and timing.

### Auto Skills Center & Car Wash

Bldg. 49 on Conn Barracks

353-8224 or 09721-968224

## New Hours!

Tuesday - Friday, 11 a.m.-7 p.m.

Saturday, 9 a.m.-5 p.m.

Training Holidays, 10 a.m.-6 p.m.

Closed Sunday & Monday

#### POV Pre-Shipment Detailing Special

Whether you are preparing to ship your vehicle back to the States, or just want to make it look shiny and new again, the Auto Skills Center has the detailing package you need! For only \$25 you get a high-pressure steam bay with lift, high-powered vacuum cleaner, and a program #4 car wash. No appointment necessary.

#### Towing Service

The Conn Strip Lot offers towing services at competitive prices. Towing within Schweinfurt is a flat rate of \$40 and towing from other areas or to other destinations is \$30 plus \$2 per kilometer. Call 09721-83856 for an appointment or stop by for more information.

#### Repair Parts

Do you need repairs or parts for your vehicle? Visit the Conn Strip Lot first. They stock a wide variety of American, German, Japanese, and Italian auto parts. The competent staff is always available for assistance, and will remove small parts from your auto for a small fee.

### Kessler Bowling Center

Bldg. 449 behind Ledward

354-6332

Sun, Tues - Thurs 11am-11pm; Fri - Sat, 11am-1am; closed Mon

#### Ladies Fall Bowling League

Beginning September 9, Kessler will host a 12-week league every Thursday at 9:45 a.m. This averaged league featuring 2-3 member teams is great for the beginner and experienced bowler alike. Bowl 3 games per week for only \$4.50, with free shoe rental and coffee. Children bowl for only \$0.50 per game with free shoe rental. Register your team with your FRG leader or on September 9 at 9:30 a.m. Call for more information.

#### Family Dollar Days

September 12 & 26, 11 a.m.-5 p.m., all games \$1.

#### Men's & Ladies Night Bowling

Wed. night, \$4.95 for men; Thurs. night, \$4.95 for women. Both nights only \$3.95 for kids 17 & under from 6-11 p.m.

#### YABA Bowling League

Young American Bowling Assoc. League begins Sept 11 at 10 a.m.

#### Glow Bowling

Every Saturday, 8 p.m.-Midnight