DEVENS FITNESS CENTER

AUGUST 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3 **0600-0630** DEADLIFT FUNDAMENTALS	4 **1200-1230** 30-MIN CORE CONDITIONING	5 **1400-1430** IMPROVE YOUR 2-MILE RUN	6 **1200-1230** NUTRITION BASICS	7	8 **0800-0830** DEADLIFT FUNDAMENTALS **1100-1145** SPRINT-DRAG-CARRY WORKSHOP
9	10 **0600-0630** DEADLIFT FUNDAMENTALS	11 **1200-1230** 30-MIN CORE CONDITIONING	12 **1400-1430** IMPROVE YOUR 2-MILE RUN	13 **1200-1230** NUTRITION FOR PERFORMANCE	14	15 **0800-0830** DEADLIFT FUNDAMENTALS **1100-1145** SPRINT-DRAG-CARRY WORKSHOP
16	17 **0600-0630** DEADLIFT FUNDAMENTALS	18 **1200-1230** 30-MIN CORE CONDITIONING	19 **1400-1430** IMPROVE YOUR 2-MILE RUN	20 **1200-1230** NUTRITION BASICS	21	22 **0800-0830** DEADLIFT FUNDAMENTALS **1100-1145** SPRINT-DRAG-CARRY WORKSHOP
23	24 **0600-0630** DEADLIFT FUNDAMENTALS	25 **1200-1230** 30-MIN CORE CONDITIONING	26 **1400-1430** IMPROVE YOUR 2-MILE RUN	27 **1200-1230** NUTRITION FOR PERFORMANCE	28	29 **0800-0830** DEADLIFT FUNDAMENTALS **1100-1145** SPRINT-DRAG-CARRY WORKSHOP
30	31 **1200-1230** DEADLIFT FUNDAMENTALS					1 **0800-0830** DEADLIFT FUNDAMENTALS **1100-1145** SPRINT-DRAG-CARRY WORKSHOP

Interested in scheduling a class for your unit?

Most classes can be customized and scheduled for your unit or organization. Contact the Devens Fitness Center staff to coordinate a date and time.

Devens Fitness Center Staff

Fitness Facility Manager
Celina Gonzalez
celina.n.gonzalez4.naf@army.mil

Recreation Assistant
Andy Lynch
anderson.h.lynch.naf@army.mil
Phone: 978-615-6872

SCAN TO REGISTER

ALL CLASSES MEET AT DEVENS FITNESS CENTER UNLESS OTHERWISE STATED.