

BAGRAM NEWS EXPRESS

START RIGHT, FINISH STRONG



Vol. 6 Issue 21, June 4, 2010

Airmen ensure bombs are on target



U.S. Air Force Airmen from the 455th Expeditionary Maintenance Squadron/AMMO build 500 lb guided bomb units at Bagram Airfield, Afghanistan. (U.S. Air Force photo by/ Master Sgt. Jeromy K. Cross)

**By: Staff Sgt. Richard Williams
455th Air Expeditionary Wing
Public Affairs**

BAGRAM AIRFIELD, Afghanistan— One of the primary missions of U.S. Air Forces Central is to provide close air support to troops on the ground. Close air support keeps ground forces safe by providing armed over watch, or if the situa-

tion arises, placing bombs on target.

The Airmen of the 455th Expeditionary Maintenance Squadron ammo flight ensure that if there is a need to release munitions from an aircraft, they are ready to go, according to Senior Airman Justin Carroll, 455th EMXS, ammo flight.

“Our primary mission here is to support the flightline,” said Air-

man Carroll, deployed from Aviano Air Base, Italy. He said the ammo flight supplies munitions for 455th Air Expeditionary Wing assets and assist the with some U.S. Army assets as well.

Master Sgt. Matt Lingelbach,

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AMMO, Cont.

455th EMXS ammo flight conventional maintenance element chief, said the ammo flight builds and resupplies munitions for wing assets and supplies chaff and flares used as counter measures on the aircraft.

“The bombs we currently build are smart bombs,” said Sergeant Lingelbach, deployed from Royal Air Force Lakenheath, England. As a young Airman, he saw a mixture of smart and dumb bombs being used. Now, as technology has improved, the ability to place bombs on target has also improved.

“I have seen footage from the test range,” he said. “Our newest global positioning system bombs can be guided through the center of a window, and our television guided bomb can be put right in the bad guy’s lap.”

Sergeant Lingelbach, a Rockford, Ill., native said the extreme accuracy of the munitions they build is important to the mission here because it effectively eliminates targets while greatly reducing civilian casualties and damage any infrastructure in the surrounding area.

Airman Carroll, a Las Vegas, Nev., native sees accuracy in bomb making as an important part of the

mission and said, “We have to do what we do right and get the munitions where they need to be so our aircraft can support the troops on the ground.”

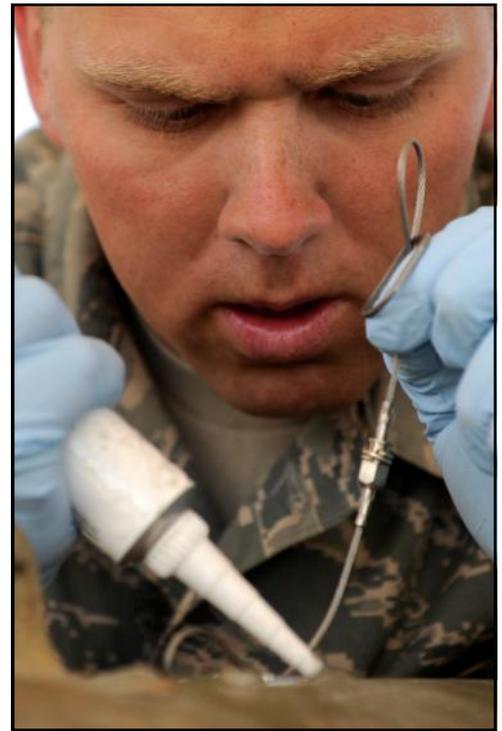
Primarily the 455th EMXG ammo flight build joint direct attack munitions and guided bomb units, said Airman Carroll. He pointed out they also maintain 20mm shells and the 5.56 and 7.62mm rounds carried by personnel stationed here.

“The job our Airmen do is phenomenal,” said Sergeant Lingelbach. “This is like the show for us I guess, we train with inert stuff every day but you get here and you are working with live bombs and they don’t come back.”

Sergeant Lingelbach said it makes him feel good to know the Airmen are getting the training they need at home station and when they get here they can take care of the mission the way it needs to be taken care of.

Airman Carroll said the most important bomb is the one that doesn’t have to be dropped but, when push comes to shove, he and the rest of the team know when they put out a product, the one that works effectively on the battlefield can ultimately save coalition lives.

“Without us being successful here, the operators in the air can’t be



U.S. Air Force Airman 1st Class Nathaniel Wing, 455th Expeditionary Maintenance Squadron ammo flight, works on a 500 pound guided bomb unit at Bagram Airfield, Afghanistan. Airman Wing is deployed from Royal Air Force Lakenheath, England, and is from Calhoun, Ga.

successful,” said Sergeant Lingelbach. “If we don’t build a quality product then they can’t put bombs on target.”



(Left) U.S. Air Force Master Sgt. Matt Lingelbach, and Airman 1st Class Trevon Garner, 455th Expeditionary Maintenance Squadron ammo flight, attach the tail to a 500 pound guided bomb unit. Sergeant Lingelbach is deployed from Royal Air Force Lakenheath, England, and is from Rockford, Ill. Airman Garner is also deployed from RAF Lakenheath, and is from Fresno, Calif. (U.S. Air Force photo by/ Master Sgt. Jeromy K. Cross)

Paktika PRT SECFOR: All roads lead home

Story by: U.S. Air Force 2nd Lt. Mark Lazane, Paktika Provincial Reconstruction Team Public Affairs



U.S. Army Staff Sgt. Jamie Dodd, of Greenville, S.C., prepares his mine-resistant ambush-protected vehicle for a mission at Forward Operating Base Sharana, Afghanistan. Dodd is one of approximately 40 members of the South Carolina Army National Guard who is currently deployed as the security force element for the Paktika Provincial Reconstruction Team. The guardsmen, deployed from the B/1-178th Field Artillery Regiment, South Carolina Army National Guard, are field artillery specialists that have been retrained as security force experts. (Photos by U.S. Air Force Master Sgt. Demetrius Lester, Paktika Provincial Reconstruction Team Public Affairs)

PAKTIKA PROVINCE, Afghanistan—The list of hometowns reads like an I-85/I-26 roadmap: Greenville, Laurens, Spartanburg and Waterloo.

Regardless of their individual starting points, they are together here, making a difference in Afghanistan.

The soldiers assigned to the B/1-178th Field Artillery Regiment, South Carolina Army National Guard, as well as other South Carolina National Guard personnel who volunteered as augmentees, are not here as field artillery specialists, a job they performed on

their deployment to Iraq a few years ago.

Instead, they're here as the security force element for the Paktika Provincial Reconstruction Team.

As members of this special security force, there's not as much cannon fire emanating from their muzzles as there has been at times, but their mission is no less important.

The soldiers ensure safe travel for civilians from the Department of State, U.S. Department of Agriculture and the U.S. Agency for International Development as well as fellow sailors, soldiers and airmen as they conduct rebuilding opera-

tions throughout the province as part of the Paktika Provincial Reconstruction Team.

The Paktika PRT's mission in this Eastern Afghanistan province is to partner with the Government of the Islamic Republic of Afghanistan in rebuilding their war-torn province. The PRT assists government leaders with development projects, agricultural initiatives and mentorship in government affairs.

Though tasked with a new job as

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PRT, Cont.

a security force element, the SECFOR team isn't short on battlefield experience.

"Our knowledge of convoy operations through previous deployments help us take care of anything that happens along the way here," said 19-year U.S. Army veteran Sgt. 1st Class Jermaine Jones, the SECFOR platoon sergeant for Forward Operating Base Sharana and a native of Greenville, S.C.

"We use that knowledge as a guide to lead the engineers, civilians and other PRT members to and from their destinations safely."

Providing safety and security is the number one job for the SECFOR personnel.

"Our job is to go out and provide security for the members of the PRT," said U.S. Army Staff Sgt. Jamie Dodd, a truck and convoy commander from Greenville, S.C. "We make sure the area is safe before the personnel dismount from the vehicles, ensure their safety during the mission and ensure their safe return to base at the end of the day."

The soldiers' job duties include serving as gunners, drivers, truck commanders and convoy commanders on mine resistant ambush protected vehicles.

"Gunnery are the eyes and ears of the truck," said U.S. Army Spec. Aaron Franklin, a PRT gunner and native of Greenville, S.C.

On a typical field artillery mission, Franklin's job would primarily be a number one man who would help load and fire the cannon.

"Gunnery have the best point of view of anyone in the truck," Franklin said. "We've got the lives of everyone in the truck in our hands. We're the first line of protection for our vehicle."

Though SECFOR's mission is to get others to their missions safely, their job doesn't stop when the destination is reached.

"We go out and we're able to secure the area while we're doing the mission," said U.S. Army Spec.



U.S. Army Sgt. Allen Huey, from Mountville, S.C., provides security during a key leader engagement in Orgun district with help from an Afghan National Army soldier. Sergeant Huey and his team are serving as the security force element for the Paktika Provincial Reconstruction Team in eastern Afghanistan. Sergeant Huey is deployed from the B/1-178th Field Artillery Regiment, South Carolina Army National Guard. The Paktika PRT is a joint team that assists in the reconstruction through government and agricultural initiatives.

Dewayne Blackwell of Blacksburg, S.C., normally an all-wheel mechanic but currently serving as an MRAP driver and mine roller operator on this deployment. "We provide those participating in the mission a clear mind because they know that with us watching their back, they can concentrate on the task at hand."

To prepare for this deployment, the soldiers, nicknamed the "Gamecocks," left their families and friends early last fall and headed for training at Ft. Stewart, Ga. and then on to Camp Atterbury, Ind. At Camp Atterbury, they were introduced to the rest of their team.

The entire team, consisting of approximately 100 individuals, deployed together to Paktika province in February 2010 after months of rigorous training and team-building exercises.

Upon arrival to FOB Sharana, near the provincial capital, the team was split into two detach-

ments: one to stay at FOB Sharana, while the other detachment was sent to FOB Orgun to the east.

Though separated geographically, the security force elements are united in purpose: To make sure everyone under their watch comes home safe.

"Safety is the definition of success for us," said Jones. "My main goal is to make sure that everyone on this team comes home safe. My guys are doing an excellent job in the SECFOR role for the PRT so far. They know their job and they know it well. They take their job very seriously. Though we like to joke around a little bit to stay loose when we're on base, when it's time to go out and perform, we are all-business."

So, with vigilance and dedication, the SECFOR members travel the roads of Afghanistan to perform their mission. These roads may not be as familiar to them as those they came from, but eventually, they'll lead the way home.

Commentary: Join the Revolution

By: Chief Master Sgt. Steve McDonald, 451st Air Expeditionary Wing, command chief, Kandahar Airfield

“Revolution” is an interesting word. One definition of the word found at Dictionary.com is “an overthrow or repudiation and the thorough replacement of an established government or political system by the people governed.”

Many military conflicts have been described as revolutions as in the American Revolution and the Sandanista revolution in Nicaragua. To bring this closer to home, a revolution against a corrupt government was the initial reason the Taliban came to power in Afghanistan.

A revolution does not have to be a military uprising. Dictionary.com also defines a revolution as a “sudden, complete or marked change in something.” Many things are described as revolutionary: Revolutionary ideas and revolutionary products. Some people tend to resist change. But sometimes change is not only welcome but necessary.

Thomas Jefferson wrote “Every generation needs a new revolution.” Ralph Waldo Emerson said “Every revolution was first a thought in one man’s mind.” When I first saw these quotes, I wondered what they were really talking about. For Jefferson’s quote, most would at first correlate it directly with the American Revolution. But for some reason, I think his words are more timeless and can apply to our generation and even to our Air Force.

Can you think of any areas in the Air Force where a change would be a good idea? I’m sure most would agree that we have some problem areas in the Air Force. Even though the Core Values of the Air Force are Integrity First, Service Before Self, and Excellence In All We Do, there are some who would say we have problems with integrity, commitment and compliance. Integrity issues when it comes to our EPR system and our fitness program. Commitment issues when it comes to putting the rules and requirements of the military above personal desires (this can range from those who get DUIs, dodge deployments or don’t pursue PME). Compliance issues when it comes to upholding and enforcing standards.

Many wish and hope things would change but are not convinced they ever will. People are waiting for the revolutionary idea that will fix all that is wrong in the Air Force. Unfortunately, wishing, hoping and waiting aren’t effective strategies for bringing about change. I guess we are resigned to accept things the way they are and just deal with them. Or maybe we can bring about a revolution...every generation needs one.

What would it take to affect the number of DUIs in the Air Force? What would it take to ensure all Airmen are fit enough to pass the fitness test? What would it take to convince Airmen to comply with

Air Force standards at all times? What would it take to remove inflation from performance reports? It would probably take something revolutionary.

Let’s look at just one of these areas: the Air Force fitness program. How do we fix fitness? We all know there are dramatic changes just ahead for our fitness program. But let’s go beyond the twice-a-year testing and the new score charts. What if supervisors started holding their Airmen accountable for fitness? What if supervisors intervened when they noticed their Airmen were starting to put on weight and weren’t presenting a professional military image? What if supervisors consistently worked out with their Airmen to gauge their fitness level? What if supervisors explained to their Airmen that there is no room in the Air Force for those who cannot maintain fitness standards? What if supervisors included fitness as a part of deployment readiness criteria? What if supervisors believed that “average” Airmen don’t fail the fitness test? Are these revolutionary ideas?

John F. Kennedy said, “One person can make a difference and every person should try.”

Sounds like basic leadership. That should not be such a novel idea in our Air Force. Join the revolution. Be the person who affects change. Take a bite of the elephant.



94.1 FM
Afghanistan

afnbagram@gmail.com
Request Line 431-3339

455TH AIR EXPEDITIONARY WING WARRIOR OF THE WEEK

Airman 1st Class Janil Gale, 455th Expeditionary Security Forces Squadron



Gale along with his team leader, responded to gunfire while posted in Alpha Sector near Entry Control Point One.

They began taking heavy fire. The team quickly took command and marshaled several civilian contractors behind cover.

Airman Gale moved toward the threat at the direction of his team lead in an attempt to assist two other Defender's who were pinned down behind a non-tactical vehicle.

The vehicle took heavy damage from fire. After discussing a plan of action Airman Gale and his team leader tactically approached four enemy along the perimeter road while they received suppressing fire from a Defender M-249 machine gun.

As they approached they observed two of the four enemy were wounded.

They advised the wounded enemy to stay down.

As they did so one of the remaining enemy reached to detonate a suicide vest while the other attempted to fire upon them. He and his team returned fire and neutralized all remaining enemy."

Airman 1st Class Janil Gale is this week's 455th Air Expeditionary Wing *Warrior of the Week*.

He is a perimeter security Airman assigned to the 455th Expeditionary Security Forces Squadron and deployed from Tinker Air Force Base, Okla.

A native to Kankakee, Ill., Airman Gale provides perimeter security for all personnel and equipment assigned to Bagram Airfield.

When asked his feeling on being

named Warrior of the Week, Airman Gale responded, "I didn't even know I was nominated, but it feels really good."

Airman Gale said his job is important because he and his fellow Defenders provide protection for more than 20,000 Bagram Airfield residents and allow them to "sleep safe at night."

He was nominated for the Warrior of the Week honor by his supervisor who stated, "During the attack on May 19, 2010, Airman

STORY IDEAS
STARTING A NEW MISSION
MEDIA QUESTIONS

Contact your
455th Public Affairs Office
@ DSN 431-2371
or email @
455aew.publicaffairs@bagb.afcent.af.mil

EVERYONE

~~Employees:~~



Must wash their hands
before returning to work...

SARC FAQs

QUESTION:

What is the definition of a sexual assault "victim"?

ANSWER:

A victim is a person who alleges direct physical, emotional, or pecuniary harm as a result of the commission of a sexual assault or other crime of interpersonal violence.

Always take a Wingman

If you are interested in becoming a
Victim Advocate, contact
Capt. Jose Milan
DSN: 318-431-4060
455aew.sarc@bgab.afcent.af.mil



The Eagle Eyes program is an Air Force anti-terrorism initiative that enlists the eyes and ears of Air Force members and citizens in the war on terror. Eagle Eyes teaches people about the typical activities terrorists engage in to plan their attacks. Armed with this information, anyone can recognize elements of potential terror planning when they see it. You are encouraged to learn the categories of suspicious behavior and stay attuned to your surroundings.



- **Surveillance** – Recording or monitoring of activities
- **Elicitation** – People or organizations attempting to gain information about military operations, capabilities or people.
- **Tests of Security** – Any attempts to measure reaction time to security breaches or to penetrate physical security barriers or procedures in order to assess strengths and weaknesses.
- **Acquiring Supplies** – Purchasing or stealing military sensitive equipment (ACOGS, NVGs, AN-PEQ 1.5), weapons, ammunition, uniforms, passes or badges or any other controlled items.
- **Suspicious Persons** - People who do not belong in the workplace or base.
- **Dry Run** – Putting people into positions and moving them around according to their plan without actually committing the terrorist act.
- **Deploying Assets** – People and supplies getting into position to commit the act.

All Bagram personnel (military and civilian) are vulnerable to exploitation. The Eagle Eyes program relies on everyone to report suspicious activity they observe. If you notice any suspicious activity with an immediate threat, report the incident to the Provost Marshall's office or Security Forces. If the incident is just suspicious, please call AFOSI at 481-8469.

NEWS BRIEFS

NEWCOMERS INPROCESSING: All Air Force members are required to in-process with PERSCO. The in-processing will start your combat pay entitlements. If you have been in the area of responsibility for at least 30 days and you are not receiving combat pay, visit Finance in the crow's nest tower on Camp Cunningham. If you know for a fact that you did not in process with PERSCO, visit PERSCO located in Bldg. 700 near the passenger terminal. Call 431-2070/4409 for more information.

COMBAT O: Combat Orientation is every Friday at 1245Z/0515L at the MWR Clamshell. Due to construction, this formation will be held in the PERSCO in processing room June 11 and 18. Uniform is Air Force PT uniform for fitness assessment. This is a mandatory briefing for all Air Force personnel assigned to Bagram Airfield. Accountability is tracked and will be forwarded to the first sergeants.

BAF MAIL:

BAF residents, ensure individuals sending mail have your most current contact information. Ensuring proper postal codes are used alleviates any delays in receiving your mail. Below is the contact information required for individuals to receive mail.

NAME - (Eg. Jane Doe; no rank)

UNIT - (Eg. 455 ECS/SCXK)

Bagram Airfield or BAF

APO AE 09352

CITIZENSHIP FOR MILITARY MEMBERS:

If you are a deployed member of the U.S. Armed Forces and interested in becoming a U.S. citizen, you may be eligible to apply for citizenship under a special provision in the Immigration and Nationality Act. The Combined Joint Task Force 82 legal client service office can assist and conduct naturalization ceremonies on Bagram Airfield in May and November of each year. For any questions or assistance contact the CJTF-82 legal client service office at 481-8540.

COMBAT STRESS: has two new programs to help servicemembers cope with traumatic events. Trauma Restoration helps individuals overcome stress reactions from traumatic combat and operational events they've experienced, while Trauma Resiliency training helps the individual prepare for successfully performing in a future potentially traumatizing event. Groups are available each week-contact CSC for further information at 431-4639 or view the RC East CSC website at <http://bgrma7afgmedsh1/CSC/default.aspx>.

455th AEW Safety tip of the week

REFLECTIVE BELTS - The wear of a reflective belt (any color but pink) is mandatory from dusk until dawn while in duty uniform. When worn, the reflective belt will be positioned around the waist, not diagonally across the shoulder, EXCEPT when operating an all terrain vehicle. Personnel who do not have a reflective belt or reflective vest shall get one immediately, and will carry an operational flashlight (turned on) during hours of darkness or reduced visibility until they have the required reflective gear. Reflective gear will not be worn during tactical operations. If you have questions, please contact the Safety Office at 431-4743

455th AEW Financial Tip of the Week

SDP (Savings Deposit Program) - was established to provide members of the uniformed services serving in combat zones the opportunity to build up their financial savings. Member needs to be in the AOR for at least 30 consecutive days in order to participate in the program. Deposits can be made by allotment, check or Eagle Cash Card. Copy of orders, current Leave and Earnings Statement and Identification Card are required to make a deposit. Deposits may not be less than five dollars and must be in multiples of five dollars. You can only deposit the amount of paychecks you have accrued in the deployed location. Amounts up to 10,000 dollars may be deposited, earning 10 percent interest per annum (two and one half percent quarterly). Interest will continue to accrue on the account up to 90 days after departure from the combat zone. After that 90 days, interest will stop accruing. You can track/withdraw your SDP via myPay.

455th AEW Policies and Procedures

Flightline Photography — Personnel on Bagram Airfield are not authorized to take still photography or video imagery on the airfield flightline unless authorized by the 455th Air Expeditionary Wing Public Affairs office and 455th Expeditionary Security Forces Squadron. Images must be used for official use only. Violators of this policy will be detained and possibly taken into custody. Call 455th AEW/PA at 431-2371 for more information.

Camp Cunningham Tips of the Week

Tips to beat the heat this summer

Hello 455th Air Expeditionary Wing,

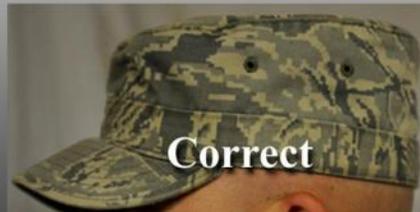
The only thing standing between most of you and very hot summer is your Chigo. So the following are a few tips that will help make sure when you need your Chigo it won't let you down. Please read and heed, it's for your benefit.

1. Clean the filter once a month. The single most important thing you can do to keep it running. Lift the front cover of the inside unit, carefully pull out the filter, wash it off with water, dry and reinsert. Close the cover and restart the unit.
2. Never run the Chigo on continuous. It will burn out the condenser and the unit will not work.
3. Never set the unit lower than 22 degrees Celsius. It will build condensation and the outside unit will freeze up. If the unit does not put out cold air or is leaking water into the room, turn it off for 8 hours so the outside unit can thaw and then restart with a clean filter and set at 22 degrees Celsius or higher.
4. Turn the Chigo off when not in the room. The unit can cool the room off quickly when turned on and running it when no one is there wastes energy and shortens the life of the Chigo.

These few things will help your Chigo keep you cool.

David V. Gardner, CMSgt, USAF
455th Expeditionary Force Support Squadron
Superintendent/Camp Mayor

PROPER WEAR OF ABU PATROL CAP



AFI 36 - 2903, DRESS AND PERSONAL APPEARANCE OF AIR FORCE PERSONNEL, Table 2.2.
Men's Battle Dress Uniform. page 56

Headgear (BDU Cap) Mandatory - ABU rules apply because it is the same style hat

Squarely on the head with no hair protruding in front of the cap; when not being worn, may be stowed in either of the lower cargo pockets on the trousers.

BDU caps required for all deployments, field training, mobility exercises and recalls.

Hat may not be pushed, rolled, folded or tucked in. (e.g.; Ranger Fold) Plain without design.

AFCENTI 36-2903; DRESS AND APPEARANCE OF AIR FORCE PERSONNEL DEPLOYED TO USCENTCOM AOR

3.1.2. ABU caps will not be rolled, tucked or otherwise formed (Ranger Roll and other adjustments are not authorized). Caps will be worn in their natural form.

CAMP CUNNINGHAM'S

FORCE

JUNE 2010

Recreation Calendar

FREEDOM
CAMP CUNNINGHAM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 TEXAS Hold 'em 0800 & 1930	2 Trivia Night 1830 hrs Black Jack 2100 hrs	3 BINGO 0800 Black Jack 2100 hrs TEXAS HOLD 'EM 1930 HRS	4 BINGO 0800 TEXAS HOLD 'EM 1930 SPADES 2100	5 BINGO 0045 TEXAS HOLD 'EM 1930 TOURNAMENT OF CHAMPIONS 1930 HRS
6 Black Jack 1800 Karaoke 1830 hrs	7 BINGO 0800 POOL TOURNEY 1500 OMAHA 1930	8 TEXAS Hold 'em 0800 & 1930	9 Trivia Night 1830 hrs Black Jack 2100 hrs	10 BINGO 0800 Black Jack 2100 hrs TEXAS HOLD 'EM 1930 HRS	11 BINGO 0800 TEXAS HOLD 'EM 1930 SPADES 2100	12 BINGO 0045 TEXAS HOLD 'EM 1930 & 1930 HRS
13 Black Jack 1800 Karaoke 1830 hrs	14 BINGO 0800 OMAHA 1930	15 TEXAS Hold 'em 0800 & 1930	16 Trivia Night 1830 hrs Black Jack 2100 hrs	17 BINGO 0800 Black Jack 2100 hrs TEXAS HOLD 'EM 1930 HRS	18 POOL TOURNEY 1500 BINGO 1930 SPADES 2100	19 BINGO 0045 TEXAS HOLD 'EM 1930 & 1930 HRS
20 Black Jack 1800 Karaoke 1830 hrs	21 BINGO 0800 POOL TOURNEY 1500 OMAHA 1930	22 TEXAS Hold 'em 0800 & 1930	23 Trivia Night 1830 hrs Black Jack 2100 hrs	24 BINGO 0800 Black Jack 2100 hrs TEXAS HOLD 'EM 1930 HRS	25 BINGO 0800 1930 SPADES 2100	26 BINGO 0045 TEXAS HOLD 'EM 1930 & 1930 HRS
27 Black Jack 1800 Karaoke 1830 hrs	28 BINGO 0800 OMAHA 1930	29 TEXAS Hold 'em 0800 & 1930	30 Trivia Night 1830 hrs Black Jack 2100 hrs	The Vultures Nest 481-6216/447-2221		

Looking for something to do?

CAMP CUNNINGHAM'S

FORCE

Fitness Calendar

JUNE 2010

FREEDOM
CAMP CUNNINGHAM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 0830/0800/1430/1700 P90 X 1200 ABS WORKOUT 1830 YOGA 2000 JIU JITSU 2100 KICKBOXING	2 0830/0800/1430/1700 P90 X 1200 ABS WORKOUT 1900 CORE CLASS 2000 MMA	3 0830/0800/1430/1700 P90 X 1225 ABS WORKOUT 1830 YOGA 2000 JIU JITSU 2100 KICKBOXING	4 0830/0800/1430/1700 P90 X 1200 ABS WORKOUT 1900 CORE CLASS 2000 MMA	5 0830/1430/1830 P90 X 1200 ABS WORKOUT 1830 YOGA 2000 JIU JITSU 2100 KICKBOXING
6 1400 P 90 X 1600 Plyometrics 1830 YOGA 2000 MMA	7 0830/0800/1430/1700 P90 X 1200 ABS WORKOUT 1900 CORE CLASS 2000 MMA	8 0830/0800/1430/1700 P90 X 1200 ABS WORKOUT 1830 YOGA 2000 JIU JITSU 2100 KICKBOXING	9 0830/0800/1430/1700 P90 X 1200 ABS WORKOUT 1900 CORE CLASS 2000 MMA	10 0830/0800/1430/1700 P90 X 1200 ABS WORKOUT 1830 YOGA 2000 JIU JITSU 2100 KICKBOXING	11 0830/0800/1430/1700 P90 X 1200 ABS WORKOUT 1900 CORE CLASS 2000 MMA	12 0830/1430/1830 P90 X 1200 ABS WORKOUT 1830 YOGA 2000 JIU JITSU 2100 KICKBOXING
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