GROUP FITNESS: SMITH FITNESS CENTER OCTOBER CLASS SCHEDULE

SPORTS · FITNESS · AQUATICS
FORT BENNING

FITNESS IS OUR THERAPY!

ASK ABOUT OUR PERSONAL FITNESS TRAINER!

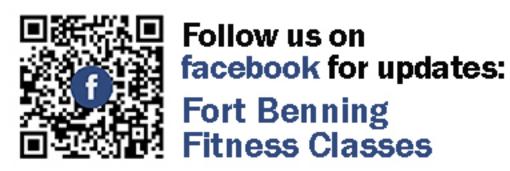
FEE PER CLASS: \$3

MONTHLY PASS: \$30

Time/Day:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
MORNING CLASSES							
6:30 a.m.		POWER UP: with Candi (Studio 1)			RECOVER AND MOBILITY: with Jamie (Studio 1)		
9:30 a.m.							
10 a.m.	ZUMBA: with Ismariela (Studio 1)	ZUMBA: with Alicia (Studio 1)	ZUMBA: with Alicia (Studio 1)	ZUMBA: with Ismariela (Studio 1)			
10:30 a.m.						October 4+11 only: HIIT: with Ashley (Studio 1)	
11:30 a.m.		LUNCH CRUNCH (30): with Jamie (Studio 1)	Pi-Yo (30): with Jamie (Studio 1)	X-PRESS (30): with Jamie (Studio 1)		YOGA: with Becky (Yoga Studio)	
AFTERNOON CLASSES							
5:30 p.m.	BOOTCAMP: with Coach Thomas (Studio 1)	CARDIO MIX: with Ismariela (Studio 1)		BOXING: with Coach Thomas (Studio 1)	October 3+10 only: METABOLIC BURN: with Ashley (Studio 1)		
EVENING CLASSES							
6 p.m.		YOGA: with Becky (Yoga Studio)	YOGA: with Becky (Yoga Studio)				
6:30 p.m.				(Oct. 2, 16, 30) CARDIO MIX: (Oct. 9, 23): ZUMBA: with Ismariela (Studio 1)			

REGISTER NOW AT SMITH FITNESS CENTER FOR OUR ANNUAL DIRNDL DASH 5K AND THE LEDERHOSEN LEAP 10K, OCTOBER 18, AT UCHEE CREEK!







GROUP FITNESS:

Audie Murphy Athletic Performance Center Whittington High Performance Center

OCTOBER CLASS SCHEDULE

FITNESS IS OUR THERAPY!

ASK ABOUT OUR PERSONAL FITNESS TRAINER!



MONTHLY PASS: \$30

AUDIE MURPHY ATHLETIC PERFORMANCE CENTER

Time/Day:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
6:30 a.m.	no classes scheduled for the month					
11:30 a.m.	no classes scheduled for the month					

WHITTINGTON HIGH PERFORMANCE CENTER

Time/Day:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30 a.m.	BOXING Coach Thomas			BOXING Coach Thomas	BOXING Coach Thomas

MWR Fitness Coordinator

Jamie Milburn: 706-329-1034 - email: jamie.m.milburn.naf@army.mil

Audie Murphy Athletic Performance Center Building 2818, 6561 Way Street 706-545-1940

Whittington High Performance Center Building 4303, 7098 Old Cusseta Highway 706-544-7528



Follow us on facebook for updates: Fort Benning Fitness Classes