

GROUP FITNESS: SMITH FITNESS CENTER

OCTOBER CLASS SCHEDULE



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
<i>MORNING CLASSES</i>						
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.						<i>October 4+11 only:</i> 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)
<i>AFTERNOON CLASSES</i>						
5:30 p.m.	BOOTCAMP: with Coach Thomas (Studio 1)	CARDIO MIX: with Ismariela (Studio 1)		BOXING: with Coach Thomas (Studio 1)	<i>October 3+10 only:</i> METABOLIC BURN: with Ashley (Studio 1)	
<i>EVENING CLASSES</i>						
6 p.m.		YOGA: with Becky (Yoga Studio)	YOGA: with Becky (Yoga Studio)			
6:30 p.m.				<i>(Oct. 2, 16, 30)</i> CARDIO MIX: <i>(Oct. 9, 23):</i> 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!**



benning.armymwr.com

**MWR Fitness
Coordinator:
Jamie Milburn
706-329-1034**

SCHEDULE SUBJECT TO CHANGE;
UPDATED: 09/30/2025

**Smith Fitness Center
Building 2874,
6835 Ralph
Pucket Parkway,
706-545-4388**



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**Fort Benning
Fitness Classes**

GROUP FITNESS:

**Audie Murphy Athletic Performance Center
Whittington High Performance Center**

OCTOBER CLASS SCHEDULE

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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**



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