

GROUP FITNESS: SMITH FITNESS CENTER

MARCH CLASS SCHEDULE

FEE PER CLASS: \$3

MONTHLY PASS: \$30



EXCUSES DON'T BURN CALORIES!

ASK ABOUT OUR PERSONAL FITNESS TRAINER!

Time/Day:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING CLASSES						
6:30 a.m.		POWER UP: with Candi <i>(Studio 1)</i>		YOGA: with Anna <i>(Yoga Studio)</i>		
9:30 a.m.						
10 a.m.	ZUMBA: with Ismariela <i>(Studio 1)</i>	ZUMBA: with Alicia <i>(Studio 1)</i>	ZUMBA: with Alicia <i>(Studio 1)</i>	ZUMBA: with Ismariela <i>(Studio 1)</i>		
10:30 a.m.						STRENGTH: with Ashley <i>(Studio 2)</i>
11:30 a.m.		LUNCH CRUNCH (30): with Jamie <i>(Studio 1)</i>	Pi-Yo (30): with Jamie <i>(Studio 1)</i>	X-PRESS (30): with Jamie <i>(Studio 1)</i>		YOGA: with Becky <i>(Yoga Studio)</i>
AFTERNOON CLASSES						
5:00 p.m.	STRONG & STEADY: with Lori & Jamie <i>(Studio 2)</i>					
5:30 p.m.	BOOTCAMP: with Coach Thomas <i>(Studio 1)</i>	CARDIO MIX: with Ismariela <i>(Studio 1)</i>		BOXING: with Coach Thomas <i>(Studio 1)</i>	TOTAL BODY BURN: with Ashley <i>(Studio 1)</i>	
EVENING CLASSES						
6 p.m.		YOGA: with Becky <i>(Yoga Studio)</i>	YOGA: with Becky <i>(Yoga Studio)</i> BIKES'N'BANDZ: with Dee <i>(Spin Studio)</i>			
6:30 p.m.				ZUMBA: with Ismariela <i>(Studio 1)</i>		



Join us for our next events:

Run to Remember

May 16 @ 9 a.m. at Doughboy

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

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

**REGISTER NOW: online via WebTrac or
in person at Smith Fitness Center!**

benning.armymwr.com

SCHEDULE SUBJECT TO CHANGE;
UPDATED: 3/3/2026

Follow us on
facebook for
updates:

**Fort Benning
Fitness Classes**

GROUP FITNESS:

Audie Murphy Athletic Performance Center Whittington High Performance Center MARCH CLASS SCHEDULE

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AUDIE MURPHY ATHLETIC PERFORMANCE CENTER

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

WHITTINGTON HIGH PERFORMANCE CENTER

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

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REGISTER NOW: online via WebTrac or in person at Smith Fitness Center!

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Follow us on **facebook** for updates:
Fort Benning Fitness Classes

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**

SCHEDULE SUBJECT TO CHANGE;
UPDATED: 3/3/2026