

GROUP FITNESS: SMITH FITNESS CENTER

SEPTEMBER CLASS SCHEDULE

FEE PER
CLASS: \$3

EXCUSES DON'T BURN CALORIES!

ASK ABOUT OUR PERSONAL FITNESS TRAINER!

MONTHLY
PASS: \$30



Time/Day:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>MORNING CLASSES</i>						
6:30 a.m.				YOGA: with Anna (Yoga Studio)		
10 a.m.	Watch out for pop ups!	ZUMBA: with Alicia (Studio 1)	ZUMBA: with Alicia (Studio 1)	Watch out for pop ups!		
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>						
4:30 p.m.	STRONG & STEADY: with Jamie, Lori, and Tiffany (Spin Studio)					
5:30 p.m.	BOOTCAMP: with Coach Thomas (Studio 1)			BOXING: with Coach Thomas (Studio 1)		
<i>EVENING CLASSES</i>						
6 p.m.		YOGA: with Becky (Yoga Studio)	YOGA: with Becky (Yoga Studio) BIKES'N'BANDZ: with Dee (Spin Studio) **No BikesNBandz Sept 16			
6:30 p.m.		MIXXED FIT: with Tasha (Studio 1)				



**JOIN US FOR THE
9/11 CHALLENGE
September 11, 6 a.m. - 4 p.m.
at Doughboy Stadium**



Stay updated at
benning.armymwr.com

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

SCHEDULE SUBJECT TO CHANGE;
UPDATED: 9/3/2026

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

GROUP FITNESS:

Audie Murphy Athletic Performance Center Whittington High Performance Center

SEPTEMBER CLASS SCHEDULE

EXCUSES DON'T BURN CALORIES!

ASK ABOUT OUR PERSONAL FITNESS TRAINER!



**FEE PER
CLASS: \$3**

**MONTHLY
PASS: \$30**

AUDIE MURPHY ATHLETIC PERFORMANCE CENTER

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

**JOIN US FOR THE
9/11 CHALLENGE
September 11, 6 a.m. - 4 p.m.
at Doughboy Stadium**



Stay updated at
benning.armymwr.com

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:
9/3/2026