

# GROUP FITNESS:

## Audie Murphy Athletic Performance Center Whittington High Performance Center **JUNE 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.	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

Join us for our next 5K:

***Big Summer Blowout***

**June 26 @ 8 a.m. at Doughboy Stadium**

**or**

***the Army Ten-Miler Qualifiers***

**June 13 or August 15**



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

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

**[benning.armymwr.com](http://benning.armymwr.com)**

**MWR Fitness Coordinator**

**Jamie Milburn: 706-329-1034 - email: [jamie.m.milburn.naf@army.mil](mailto: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:  
05/29/2025

# GROUP FITNESS: SMITH FITNESS CENTER

## JUNE CLASS SCHEDULE



**EXCUSES DON'T BURN CALORIES!**

**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 STRETCH: with Jamie (Studio 1)	
9 a.m.						
10 a.m.	ZUMBA: with Ismariela (Studio 1)	ZUMBA: with Ismariela (Studio 1)	ZUMBA: with Ismariela (Studio 1)	ZUMBA: with Ismariela (Studio 1)		
11:30 a.m.		LUNCH CRUNCH (30): with Jamie (Studio 1)		EX-PRESS (30): with Jamie (Studio 1)		
<i>AFTERNOON CLASSES</i>						
12 p.m.						YOGA: with Becky (Yoga Studio)
4:30 p.m.	ZUMBA: with Grace (Studio 1)					
5 p.m.						
5:30 p.m.	BOOTCAMP: with Coach Thomas (Studio 1)	CARDIO MIX: with Ismariela (Studio 1)		BOXING: with Coach Thomas (Studio 1)	TACTICAL MET/CON BURN: with Ashley (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)			
6:30 p.m.				CARDIO MIX: with Ismariela (Studio 1) *starts at 6:40 p.m.		



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

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

SCHEDULE SUBJECT TO CHANGE;  
UPDATED: 05/29/2025