

# Smith Fitness Center Fitness Class Schedule

MAY

	AM Fitness Room 1	PM	AM Fitness Room 2	PM	Don't forget these classes!
Mon	<b>0930 - RIPPED - Jackie</b> <b>1145 - Lunch Time Step with Jeanene</b>	<b>1740-1900 - Zumba + Combo with Sujeil &amp; Karla</b>	<b>0600 - Spin with Lauri</b> <b>0930: TRX Combo - Jenny</b> <b>1045 - Spin with Jennifer</b>		
Tues	<b>0930 - Muscle Challenge Lauri</b> <b>1040 - Zumba</b>	<b>1940 - Zumba with Karla</b>	<b>0600 - Kettlebell AMPD with Lauri</b>		
Wed	<b>0930 - P90X - Jackie</b> <b>1130 - Yoga (held downstairs) Jordan</b> <b>1145 - Lunch Time Step with Jeanene</b>	<b>1930 - STRONG with Karla</b>	<b>0600 - Spin with Lauri</b> <b>0930: TRX Combo - Jenny</b> <b>1045 - Spin with Jennifer</b>		
Thurs	<b>0930 - Muscle Challenge Lauri</b> <b>1040 - Zumba</b>	<b>1940 - Zumba Sentao with Karla</b>	<b>0600 - Kettlebell AMPD with Lauri</b>		
Fri	<b>0930 - RIPPED - Jackie</b> <b>1145 - Lunch Time Step with Jeanene</b>		<b>0600 - Spin with Lauri</b> <b>1045 - Spin with Jennifer</b>		
Sat	<b>1045 - Zumba with Sujeil</b>				

UNITED STATES ARMY  
EST FORT BENNING, GA 1918  
Sports Fitness Aquatics

FEES: \$25.00/month for unlimited classes or \$3.00 per class.  
Must give instructor class pass prior to any class you take or present monthly pass!  
**PLEASE don't steal classes. This is how our instructors are paid. No class ticket = no instructor.**

# Class Descriptions

**Kettlebell AMPD:** Whole body workout using kettlebells and music to work arms, legs, core and cardio. Each song concentrates on a main area while still maintaining a whole body workout.

**Lunch Time Step:** Quick 45 minute high energy step class to get your workout in - during your lunch! Stay past 1230 and join us for abs until 1245.

**Muscle Challenge:** Strengthen your entire body as you challenge each muscle group all set to music. For all ability levels.

**P90X** - Just like the video - only led by an instructor.

**RIPPED:** 50 min intense total body cardio workout equal parts cardio and weights. Open to all levels.

**Spin:** Give your body a change and try this awesome spinning class to boost your weekly workout.

**TRX Combo:** Body weight training using TRX plus cardio burst for the perfect workout.

**Yoga:** Beginner, intermediate and Advanced Yoga moves designed to work on strength, flexibility and breathing to improve performance, reduce injury and provide faster recovery for athletes of all levels.

**Zumba:** Salsa dancing to give you one great workout and lots of fun too! Try it!!

**Zumba + Combo** - All your favorite Zumba moves and classes including step, tone, Sentao, etc to help you stay focused and motivated.

**Zumba Sentao** - Zumba with chairs? Try it - you will love it!

## Additional Fitness programs-

### Personal Training

Sessions consist of individual or group training of up to 4 people with packages available from 4 sessions to 12 sessions.

### Interested in PT for your Unit??

Unit PT is offered on a requested basis and is based on instructor availability and class availability.

Class is \$50.00 for a one hour session.

If interested - please email Lori  
[lori.m.smith38.naf@mail.mil](mailto:lori.m.smith38.naf@mail.mil)

For More info on Classes, Boot Camps ,  
Personal training and the running program  
please contact  
Lori Smith at  
[lori.m.smith38.naf@mail.mil](mailto:lori.m.smith38.naf@mail.mil)