


JULY

# Smith Fitness Center Fitness Class Schedule

Dont forget these classes!

	AM Fitness Room 1	PM	AM Fitness Room 2	PM	
Mon	0930 - Kettlebell Amped with Lauri 1145 - Lunch Time Step with Jeanene	1740-1900 - Zumba + Combo with Sujeil & Karla 1815 - PiYo with Antonea(downstairs)	0600 - Spin with Lauri 1700 - Spin with Michelle		
Tues	0600 - Kettlebell Amped with Lauri 0930 - Muscle Challenge - Lauri 1045 - Ab Attack - Antonea (Downstairs) 1040 - Zumba	1700 - Body Pump with Michelle 1940 - Zumba with Karla	1045 - Spin with Jennifer 1630 - TRX with Lauri 1730 - Spin with Lauri		1130 -Yogaheld at Audie Murhy Jordan
Wed	1130 -Yoga (downstairs) Jordan 1145 - Lunch Time Step with Jeanene	1630 -Muscle Challenge Lauri 1730 -Kettlebell Amped with Lauri 1815 - Ab Attack with Antonea (downstairs) 1930 - STRONG with Karla	0600 - Spin with Lauri 0930: TRX Combo - Lauri	1700 - Spin with Michelle	
Thurs	0600 -Kettlebell Amped with Lauri 0930 -Muscle Challenge -Lauri 1045 -PiYo - Antonea (Downstairs) 1040 - Zumba	1700 - Body Pump with Michelle 1940 - Zumba Sentao with Karla	1045 - Spin with Jennifer		
Fri	0930 -Ab Attack - Lauri 1145 - Lunch Time Step with Jeanene		0600 - Spin with Lauri		
Sat	1045- Zumba with Sujeil		0930 - Spin with Jennifer		 Check out all the new classes!

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 dont steal classes. This is how our instructors are paid. No class ticket = no instrurctor.**

## Class Descriptions

**Ab Attacck:** Nothing but Ab to get that core solid.

**Body Pump:** Total body workout using light to moderate weight but lots of reps. Will leave you feeling challenged and stronger.

**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.

**PiYo:** This class combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. Best of two great exercises.

**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)