

AUGUST

Smith Fitness Center Fitness Class Schedule

Dont forget these classes!

	AM Fitness Room 1	PM	AM Fitness Room 2	PM	
Mon	0930 -Kettlebell AMPD with Lauri 1145 - Lunch Time Step with Jeanene	1740-1900 - Zumba + Combo with Sujeil 1815 - PiYo with Antonea(downstairs)	0600 - Spin with Lauri 1700 - Spin with Michelle		
Tues	0600 - AMPD Power Flow with Lauri 0930 -Muscle Challenge - Lauri 1045 -Ab Attack - Antonea (Downstairs) 1040 - Zumba	1700 - Body Pump with Michelle 1940 - Zumba with Doris	1045 - Spin with Jennifer 1630 - TRX with Antonea 1730 - Spin with Antonea		1130 -Yoga held at Audie Murhy Jordan
Wed	1130 -Yoga (downstairs) Jordan 1145 - Lunch Time Step with Jeanene	1630 - AMPD Power Flow 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 -AMPD Power Flow with Lauri 0930 -Muscle Challenge -Lauri 1045 -PiYo - Antonea (Downstairs) 1040 - Zumba	1700 - Body Pump with Michelle 1940 - Zumba Step with Doris	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		

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

AMPD Power Flow: Light Weight Kettle Bells, Resistance Bands and Yoga inspired movements for a calorie burning low impact workout to gain strength, balance and flexibility.

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 light weight 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: Begginer, 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.

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 Ny
naela.r.wiley.naf@mail.mil

For More info on Classes, Boot Camps ,
Personal training and the running program
please contact
Naela Wiley at
naela.r.wiley.naf@mail.mil