

GROUP FITNESS: SMITH FITNESS CENTER

APRIL CLASS SCHEDULE



HUSTLE FOR THAT MUSCLE!
ASK ABOUT OUR PERSONAL FITNESS TRAINER!

FEE PER CLASS: \$3

MONTHLY PASS: \$30

Time/Day:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING CLASSES						
6:30 a.m.		POWER UP: with Candi (Studio 1)		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 Alicia (Studio 1)	ZUMBA: with Alicia (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)		
AFTERNOON CLASSES						
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)		
EVENING CLASSES						
6 p.m.		YOGA: with Becky (Yoga Studio)	YOGA: with Becky (Yoga Studio)			
6:30 p.m.				ZUMBA: with Ismariela (Studio 1) <i>*starts at 6:40 p.m.</i>		



Join us for our next 5K:

RUN TO REMEMBER

'Run. Honor. Remember.'

May 17 @ 8 a.m. at Doughboy Stadium.

We run to make sure we honor and never forget those we have lost.

#Never Forgotten...Never Alone!

**Pre-registration starts April 1;
 register online via WebTrac or
 in person at Smith Fitness Center!**

benning.armymwr.com

**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: 3/25/2025

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

GROUP FITNESS:

**Audie Murphy Athletic Performance Center
Whittington High Performance Center**

APRIL CLASS SCHEDULE

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**MONTHLY
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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

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Fort Benning
Fitness Classes**

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:
3/25/2025