

GROUP FITNESS:

Audie Murphy Athletic Performance Center Whittington High Performance Center

JULY 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.	BOXING			BOXING	
11:30 a.m.	<i>no classes scheduled for the month</i>				

WHITTINGTON HIGH PERFORMANCE CENTER

Time/Day:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30 a.m.	<i>no classes scheduled for the month</i>				

Join us for our next 5K run:

Dash'N'Splash 5K Run

July 25 @ 8 a.m. at the Breezeway Complex
Register today! Online via WebTrac
or in person at Smith Fitness Center!

SAVE THE DATE!

We will host our first **HALF MARATHON**
"Holly Jolly Half" on December 5 -
start your training today!

benning.armymwr.com



Follow us on
facebook for updates:
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:
6/26/2026