

SMITH FITNESS MAR. SCHEDULE



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0630 RPM (2) Bill 0930 Bodypump (1) Michelle 1045 Barre (1) Lauren 1120 Deep Stretch (1) Lauren 1130 RPM (2) Cynthia 1130 Yoga (DS) Stacey 1200 Zumba (1) Grace 1700 Barre (1) Michelle 1715 RPM (2) Cynthia 1745 Les Mills GRIT (1)Ant 1845 STRONG (1)Sue	0630 Bodypump (1) Marta 0930 PIYO (1)Antonea 0930 mixxedfit (2) Dee 1030 Butts & Guts (DS) Lauren 1045 Zumba (1) Sue 1045 Spin (2) Jennifer 1130 Yoga (DS) April 1200 Les Mills GRIT (1) Michelle 1700 BodyPump (1) Meghan 1730 RPM (2)Dee 1730 Yoga (DS) April 1845 Zumba Toning (1) Shavonne	0630 Les Mills GRIT (1) Antonea 0930 Bodypump (1)Meghan 1045 Butts N Guts + Deep stretch (1) Lauren 1130 Yoga (DS) April 1130 RPM (2) Cynthia 1200 Zumba (1) Grace 1700 Zumba (1)Grace 1715 RPM (2) Cynthia 1800 Yoga (DS)April 1815 TRX (2)Ant 1845 STRONG (1)Sue	0630 Bodypump (1) Marta 0930 Yoga (DS) Stacey 0930 Barre (1) Michelle 1030 Body Blast (DS) Lauren 1045 Zumba (1) Sue 1045 Spin (2) Jennifer 1130 Yoga (DS) Stacey 1200 Les Mills GRIT (1) Michelle 1700 Body Pump (1) Michelle 1730 Yoga (DS)April 1845 Sentao (1) Shavonne 1900 Yoga (DS) Stacey	0630 RPM (2) Bill 0830 Butts & guts + step (1) Lauren 0930 Bodypump (1) Michelle 1045 Barre (1) Lauren 1120 Deep Stretch (1) Lauren 1130 RPM (2)Cynthia 1130 Yoga (DS) Stacey 1200 Bodypump express (1) Antonea	0915 Bodypump (1) Rotation 0930 Spin (2) Jennifer 1000 Yoga (DS) ***every Sat. EXCEPT 16 th !*** 1045 Kettlebell (2) Jennifer 1045 Zumba toning (1) Sue

Classes in **RED** = Strength and Power **BLUE** = Cardio **PURPLE** = Flexibility/Toning **ORANGE** = HIIT
 ** (1)= Studio 1, (2)= Studio 2, (DS)= Down stairs studio, (Audie)=@ Audie Murphy***

Class descriptions on back!

Active duty get FREE 0630 classes!

LES MILLS
FOR A FITTER PLANET

Keep up to date of changes to the schedule by liking our "Ft Benning fitness classes" Facebook page

CLASS DESCRIPTIONS

Body Pump: This 60 minute workout challenges all of your major muscle groups by using the best weight-room exercises such as squats, presses, lifts and curls. The key to Bodypump is the “**REP EFFECT**”, a breakthrough in fitness training focusing on high repetition with low weight loads. [Express is our 45 minute version.](#)

Kettlebell: This class will give fast results for strength, endurance and muscle toning by challenging both the muscular and cardiovascular systems with dynamic, total body movements

TRX® is Total-body Resistance Exercise and is an anchored, two-strap suspension training system that leverages your body weight against gravity to provide workouts that simultaneously target and challenge muscular stability, strength, and muscular endurance while improving flexibility, balance, coordination, and total power.

GRIT: These HIIT workouts build cardiovascular fitness while improving strength, building lean muscle and maximizing calorie burn. The **30 MINUTE** cycle workout that uses high-intensity interval training to help you smash goals faster! 3 different series: Cardio, Strength, and Plyo

STRONG by Zumba: Combines bodyweight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Strong by Zumba was crafted to drive the intensity in a challenging progression that provides total body workout.

Body Blast Blast your cardio fitness to the next level! This class provides the variety your body needs to see results by combining fun cardio routines with specific muscle conditioning that will be tailored to the class's needs from week to week. This is a great time to enjoy the music and feeling the burn! **(45 min.)**

Butts N Guts Want to firm it up? Get in here! Exercises for abs and gluteus are the primary goal plus additional work for muscle groups connected to these areas. No warm-up included so be ready to work! **(30 minutes)**

Step +butts/guts: This class will utilize the step with simple routines mixed with higher intensity cardio intervals and strength training to give you a whole body workout! Then we add on a little more burn by giving you more butts/guts workout

Zumba: A fusion of Latin and International music/dance themes that create dynamic, exciting, and based on the principle that a workout should be “FUN AND EASY TO DO”.

MixxedFit® is a people-inspired dance fitness program that is a perfect blend of explosive dancing and bootcamp inspired toning.

RPM/Spin: The Indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover the athlete within- sweat and burn to reach your endorphin high. [Express is our 30 minute version.](#)

Zumba® Toning This class is designed for those who want to party, but put extra emphasis on toning and sculpting to define those muscles! The challenge of adding resistance by using Zumba® Toning Sticks (or light weights), helps you focus on specific muscle groups, so you (and your muscles) stay engaged!

LES MILLS BARRE® is a modern version of classic balletic training; a 30-minute workout designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday.

Zumba Sentao® combines strength and resistance training with innovative dance moves, using a chair as your dance partner.

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

FEE: \$25.00/Month for unlimited classes or \$3.00 per class (Available at Front Desk). Please present Pass to Instructor prior to class. [For information on PERSONAL TRAINING or arranging UNIT PT SESSIONS, please contact us at Michelle.l.giles2.naf@mail.mil](#)