

**SMITH FITNESS JULY SCHEDULE**

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| --- | --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| ***0630*** **Body Pump** (1) Marta  ***0630* Indoor Cycling**  (2) Rose    ***0930* Body Pump** (1)  Marta  ***1000* BODY 180** Lauren  **\*\*@ DOUGHBOY/KID FRIENDLY\*\***  ***1045* Pilates Mat** (1) Rose  ***1130* RPM** (2) Cynthia  ***1200* Zumba** (1) Grace  ***1700* Barre** (1) Antonea  ***1715* RPM** (2) Cynthia  ***1745* Les Mills GRIT** (1) Antonea  ***1800* Yoga** (YS) April    ***1845* STRONG** (1) Melanie | ***0630*  BodyPump** (1) Marta  ***0930* PIYO** (YS) Antonea  ***0930* Mixxedfit** (1) Dee  ***0930* BODY 180** Lauren  **\*\*@ DOUGHBOY/KID FRIENDLY\*\***  ***1045* Zumba** (1) Grace  ***1045* Spin** (2) Dee  ***1130* Yoga** (YS) April  ***1200* Les Mills GRIT** (1) Antonea  ***1700*  BodyPump** (1) Meghan  ***1730* Spin** (2) Dee  ***1730* Yoga**(YS) April    ***1845* Zumba Toning (**1) Shavonne | ***0630*  Les Mills GRIT** (1) Antonea  ***0930* Body Pump** (1) Meghan    ***1130* Yoga** (YS) April  ***1130* RPM** (2)  Cynthia  ***1200* Zumba** (1) Grace    ***1700* Zumba** (1) Grace  ***1715* RPM** (2) Cynthia  ***1800* Yoga**(YS) April  ***1815* TRX** (2) Antonea  ***1845* STRONG** (1) Melanie | ***0630* Body Pump** (1) Marta      ***0930* PiYo/Barre** (1) Antonea  ***0930* BODY 180** Lauren  **\*\*@ DOUGHBOY/KID FRIENDLY\*\***  ***1045* Zumba** (1) Grace  ***1045*  Spin** (2) Dee  ***1130* Yoga**(YS) April    ***1200* Les Mills GRIT** (1) Antonea  ***1700* Body Pump** (1) Rotation    ***1845* Sentao** (1) Shavonne | ***0630* Indoor Cycling** (2) Rose  ***0930*** **Body Pump** (1)  Candace  ***1045* Zumba** (1) Grace  ***1130* RPM** (2)  Cynthia  \*\* Signifies NEW CLASSES\*\* | ***0915* BodyPump** (1) Rotation  ***0930* Spin** (2) Rotation  ***1000*  Yoga** (YS) Rotation  ***1045* Kettlebell** (2) Garry  ***1045* Zumba/MixxedFit** (1) Rotation  **RED** = Strength and Power  **BLUE** = Cardio  **PURPLE** = Flexibility/Toning  **ORANGE** = HIIT |

**\*\* (1) = Studio 1, (2) = Studio 2, (YS) = Yoga studio, (Audie) =@ Audie Murphy\*\*\***

**All classes are $3.00 per class or $25 for monthly unlimited**

**\*\*\*\*\*\*Look for revised Mon., 1 JULY- Sat., 7 JULY SCHEDULE\*\*\*\*\*\***

**Follow us on Facebook “Ft Benning fitness classes” “KNOW BEFORE YOU GO” for class modification postings** **or call Smith Fitness Center to verify schedule (706)545-4388 All information is subject to change without notification**.

**CLASS DESCRIPTIONS**

**BodyPump:** 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 180** 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 classes needs week to week. This is a great time to enjoy the great outdoors and feel the burn! See you at Doughboy.

**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 boot camp 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.

**Pilates Mat:** For over 100 years Pilates has been strengthening cores of ballet dancers, and boxers alike. This proven method focuses on stabilization of the upper trunk musculature down to the lower trunk musculature and everything in between. This is done by pairing specific body movement with precise and deliberate execution. Come create lengthened and lean muscles in a relaxing and fun environment.

**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 rose.m.mcnamara5.naf@mail.mil***