

SMITH FITNESS FALL SCHEDULE

September 1 – November 30 2019



Modified schedule Labor Day (Sep.2), Thanksgiving (Nov.25-30)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0630 Body Pump (1) Marta 0630 Indoor Cycling (2) Rose 0830-0930 **N2 (AUDIE) Antonea** OUTDOOR 0930 Body Pump (1)Marta 0930 **Yoga FLOW (YS) Paola** 1045 **Mat Pilates (1) Rose** 1130 RPM (2) Cynthia 1130 Power Yoga (YS) Catherine 1200 Zumba (1) Grace 1715 (1)*** Les Mills GRIT Antonea*** 1715 RPM (2) Cynthia 1800 Yoga (YS) April 1845 STRONG (1) Melanie	0630 Body Pump (1) Marta 0930 PIYO (YS) Antonea 0930 MixxedFit (1) Dee 1045 Zumba (1) Yamelys 1045 Spin (2) Dee 1130 Yoga (YS) April 1200 Les Mills GRIT (1) Antonea 1715 Body Pump (1) Meghan/Candi P 1730 Spin (2) Dee 1730 Yoga (YS) April 1845 Zumba Toning (1) Shavonne	0630 Les Mills GRIT (1) Antonea 0830-0930 **N2 (AUDIE) Antonea** OUTDOOR 0930 Body Pump (1) Meghan/Sharon 1130 Yoga (YS) Catherine 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 1045 Zumba (1) Yamelys 1045 Spin (2) Dee 1130 Yoga (YS) April 17015 Body Pump (1) Rotation 1730 Yoga Fusion (YS) Sharon 1845 Sentao (1) Shavonne	0630 Indoor Cycling (2) Rose 0930 Body Pump (1) Candace B 0930 **Yoga FLOW (YS) Paola** 1130 RPM (2) Cynthia 1130 Restorative Yoga (YS) Catherine 1200 Zumba (1) Grace ** Signifies NEW CLASSES** ***NEW TIMES*** RED = Strength and Power BLUE = Cardio PURPLE = Flexibility/Toning ORANGE = HIIT	0900 ***Saturday SpinCycle (2) Rose*** 0915 Body Pump (1) Rotation 1000 Yoga (YS) Rotation 1000 **NEW**Intro to Kettle-bell Lifting (2) Garry 1045 Kettle-bell Strength and Conditioning (2) Garry 1045 Dance Fitness Rotation (1) Rotation

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

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

***** ALL 0630 CLASSES ARE FREE TO ACTIVE DUTY MILITARY *****

LES MILLS
FOR A FITTER PLANET

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.**

Intro to Kettle-bell Lifting: Teaches the safe performance of the basic hard-style kettle-bells lifts (swings, cleans, presses, squats, get-up) required to participate in the Kettle-bell strength & conditioning class.

Kettle-bell Strength & Conditioning: A total body, low-to-no impact High Intensity Resistance Training workout to improve cardiovascular performance, strength, power, coordination and fat burning. Attending the Intro to Kettle-bell Lifting class is highly recommended for those new to KBs.

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.

N2 Circuit: This full-body, high energy circuit training class incorporates functional movements for strength and cardio gains. Exercises will be performed in rotation with minimal rest while utilizing a variety of fitness tools such as battle ropes, barbells, and Kettle-bells, (to name a few). Workout changes every week!

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”.

MixedFit® 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!

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.

Flow,, Ashtanga, Restorative Fusion Yoga and Yoga: All classes offer 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. **<https://benning.armymwr.com> for more details**

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