

GROUP FITNESS: SMITH FITNESS CENTER DECEMBER CLASS SCHEDULE

FEE PER CLASS: \$3

MONTHLY PASS: \$30



EXCUSES DON'T BURN CALORIES!

ASK ABOUT OUR PERSONAL FITNESS TRAINER!

Time/Day:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING CLASSES						
6:30 a.m.					RECOVER AND MOBILITY: with Jamie (Studio 1)	
9:30 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)		
10:30 a.m.						STRENGTH: with Ashley (Studio 1)
11:30 a.m.		LUNCH CRUNCH (30): with Jamie (Studio 1)	Pi-Yo (30): with Jamie (Studio 1)	X-PRESS (30): with Jamie (Studio 1)		YOGA: with Becky (Yoga Studio)
AFTERNOON CLASSES						
5:30 p.m.	BOOTCAMP: with Coach Thomas (Studio 1)	CARDIO MIX: with Ismariela (Studio 1)		BOXING: with Coach Thomas (Studio 1)	TOTAL BODY BURN: with Ashley (Studio 1)	
EVENING CLASSES						
6 p.m.		YOGA: with Becky (Yoga Studio)	YOGA: with Becky (Yoga Studio) BIKES'N'BANDZ: with Dee (Spin Studio) (12/3 & 12/10 only)			
6:30 p.m.				ZUMBA: with Ismariela (Studio 1)		



Join us for our next events:
Elf on the Run 5K
December 6 @ 9 a.m. at Doughboy Stadium

Decade Dash 5K
January 24 @ 9 a.m. at Breezeway
Ice Breaker Polar Plunge
January 24 @ 10 a.m. at Breezeway

REGISTER NOW: 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: 11/24/2025

Follow us on facebook for updates:
Fort Benning Fitness Classes

GROUP FITNESS:

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

DECEMBER CLASS SCHEDULE

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AUDIE MURPHY ATHLETIC PERFORMANCE CENTER

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



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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:
11/24/2025