

# FITNESS DROP-IN CLASS SCHEDULE

APRIL 2021

● MONTHLY PASS \$25 ● DROP-IN CLASS PASS: \$3

Classes are open to ages 16+; Classes are on a first-come, first-served basis

*\*0630 Classes free ONLY to active duty military in PT uniform.*

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0630	RPM (2)	Body Pump (1)	Yoga (1) RPM (2)	Body Pump (1)	RPM (2)	
0900						
0915						
0930	Body Pump (1)		Kettle-bell (2)		Kettle-bell (2)	
1000						
1015			Yoga (1)			
1045						
1200	RPM (2)		RPM (2)		RPM (2)	
1215	Vinyasa Yoga (1)	Yoga (1)	Zumba (1)	Zumba (1)	Zumba (1)	
1330						
1700						
1715	RPM (2)	Express Body Pump (1)	RPM (2)			
1730	P90X (1)		P90X (1)			
1800						
1815						
1845		Zumba (1)		Zumba (1)		
1900						

PERSONAL TRAINERS: -> Veronica Tuttell -> Steven Dean -> Deonte Gaines -> Erica Jones

For more info contact Ronnie Duckworth @ronnie.p.duckworth.naf@mail.mil

Location codes:

Fitness Room 1 (1) \* Fitness Room 2 (2) \* Yoga Studio (YS) \* Audie Murphy (AM) \* Doughboy Stadium (DS)



[www.benning.armymwr.com](http://www.benning.armymwr.com)



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