

FITNESS DROP IN CLASS SCHEDULE

November 2 - 21, 2020

12-class Punch Card: \$30 • Drop-in Class Pass: \$3

Classes are open to ages 16+ • First come, first serve basis

***0630 classes ONLY are free to active duty military.**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*0630	RPM (2)	Body Pump (1)	Yoga (1) RPM (2)	Body Pump (1)	Yoga (1) RPM (2)	
0900		Body 180 (AM)	Yoga (1)	Body 180 (AM)		
0915						
0930	Body Pump (1)		Kettle-bell (2)			
1000		Body Pump (1)				
1015						
1045						
1130	RPM (2)	Spin (2)	RPM (2)	Spin (2)	Yoga (1) RPM (2)	
1215	Vinyasa Yoga (1)	Yoga (1)	Zumba (1)	Zumba (1)		
1330					Zumba (1)	
1700		Spin (2)		Spin (2)		
1715	RPM (2)	Express Body Pump (1)	RPM (2)	Express Body Pump (1)		
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 Haley Ryan, haley.c.ryan.naf@mail.mil or Alyssa Pates, alyssa.b.pates.naf@mail.mil

Location Codes:

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



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UNITED STATES ARMY
EST. PORT BENNING, GA 1915
Sports • Fitness • Aquatics

****NOTE: A special schedule will be released for November 23-28**

Class Descriptions

Body 180 / HIIT: 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!

Body by Dee: Muscle confusion is the name of the game in this fun, energetic and challenging class to help you continually see strength gains! This class provides the variety that our bodies crave from STEP moves, body weight exercises and various format mash-ups. This class is not to be missed!

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.**

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

Gentle Yoga: Gentle Yoga is a restful, restorative class which includes breathing, gentle flowing movements, and passive and supported poses strengthen and stretch the body. This class concentrates on physical health and mental well-being, and is a perfect beginning yoga class that is also appropriate for those working with injury, limited mobility, or who prefer a softer, gentler approach to yoga. This practice promotes balance and flexibility with the goal of bringing about a sound, healthy body and a clear, peaceful mind.

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.

P90X LIVE is the total-body strength and conditioning group fitness class for anyone looking to get lean, toned, and fit! This motivating, results-driven workout is designed to burn calories and build muscle using light to moderate weights. P90X LIVE helps you build lean muscle and condition your entire body by working your upper body, lower body, and core in different ways. It's perfect for all fitness levels and can be modified so everyone can participate.

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.**

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.

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.”

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

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!

For more info, contact Haley Ryan, haley.c.ryan.naf@mail.mil or Alyssa Pates, alyssa.b.pates.naf@mail.mil

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