

GROUP FITNESS: SMITH FITNESS CENTER

JULY CLASS SCHEDULE



FITNESS IS OUR THERAPY!

ASK ABOUT OUR PERSONAL FITNESS TRAINER!

FEE PER CLASS: \$3

MONTHLY PASS: \$30

Time/Day:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING CLASSES						
6:30 a.m.		POWER UP: with Candi (Studio 1)		POWER UP: with Candi (Studio 1)	RECOVER AND MOBILITY: with Jamie (Studio 1)	
9:30 a.m.						NEW and ONLY: JULY 12, 19, 26: CARDIO: (Studio 1)
10 a.m.	ZUMBA: with Ismariela (Studio 1)	ZUMBA: with Ismariela (Studio 1)	ZUMBA: with Ismariela (Studio 1)	ZUMBA: with Ismariela (Studio 1)		
10:30 a.m.						NEW and ONLY: JULY 12, 19, 26: STRENGTH: (Studio 1)
11:30 a.m.		LUNCH CRUNCH (30): with Jamie (Studio 1)	STARTING JULY 9: PI-YO (30): with Jamie (Studio 1)	X-PRESS (30): with Jamie (Studio 1)		NEW and ONLY JULY 12, 19, 26: YOGA: with Becky (Yoga Studio)
AFTERNOON CLASSES						
12 p.m.						YOGA: with Becky (Yoga Studio)
5:30 p.m.	BOOTCAMP: with Coach Thomas (Studio 1)	CARDIO MIX: with Ismariela (Studio 1)		BOXING: with Coach Thomas (Studio 1)	METABOLIC 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)			

LIMITED TIME OFFERING!

**SATURDAY CLASSES!
NEW FORMAT
NEW TRAINER**

**ONLY SATURDAY:
JULY 12, 19 AND 26!**

**9:30 A.M.: CARDIO
10:30 A.M.: STRENGTH
11:30 A.M.: YOGA**



Follow us on
facebook for
updates:
**Fort Benning
Fitness Classes**



benning.armymwr.com

**MWR Fitness
Coordinator:
Jamie Milburn
706-329-1034**

SCHEDULE SUBJECT TO CHANGE;
UPDATED: 06/26/2025

**Smith Fitness Center
Building 2874,
6835 Ralph
Pucket Parkway,
706-545-4388**

GROUP FITNESS:

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

JULY CLASS SCHEDULE

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AUDIE MURPHY ATHLETIC PERFORMANCE CENTER

Time/Day:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30 a.m.	no classes scheduled for the month				
11:30 a.m.	no classes scheduled for the month				

WHITTINGTON HIGH PERFORMANCE CENTER

Time/Day:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30 a.m.	BOXING Coach Thomas			BOXING Coach Thomas	BOXING Coach Thomas

**Get ready - sign up for the
Big Summer Blowout 5K &
1K Fun Run on**

June 26 @ 8 a.m. at Doughboy Stadium.

**Participate in the last Army Ten-Miler Qualifier on
August 15 at Santiago Fitness Center.**

**REGISTER NOW: online via WebTrac or
in person at Smith Fitness Center!
benning.armymwr.com**



**Follow us
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for updates:
Fort Benning
Fitness Classes**

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:
06/26/2025