

# GROUP FITNESS: SMITH FITNESS CENTER



## SEPTEMBER CLASS SCHEDULE

FEE PER  
CLASS: \$3

MONTHLY  
PASS: \$30

ASK ABOUT OUR PERSONAL FITNESS TRAINER!

Time/Day:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>MORNING CLASSES</i>						
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.						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.						STRENGTH: (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)
<i>AFTERNOON CLASSES</i>						
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)	
<i>EVENING CLASSES</i>						
6 p.m.		YOGA: with Becky (Yoga Studio)	YOGA: with Becky (Yoga Studio)			
6 p.m.			September 3, 10, 17 (only) BIKES'N'BANDZ: with Dee (Spin Studio) (no class September 24)			
6:30 p.m.				September 4 + 18 CARDIO MIX: with Ismariela (Studio 1) September 11 + 25 ZUMBA: with Ismariela (Studio 1)		

SATURDAY CLASSES!  
NEW FORMAT  
NEW TRAINER

TRY OUR NEW  
SATURDAY  
CLASSES!

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



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Fort Benning  
Fitness Classes



benning.armymwr.com

MWR Fitness  
Coordinator:  
Jamie Milburn  
706-329-1034

SCHEDULE SUBJECT TO CHANGE;  
UPDATED: 08/26/2025

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

# GROUP FITNESS:

Audie Murphy Athletic Performance Center  
Whittington High Performance Center

## SEPTEMBER CLASS SCHEDULE

**FITNESS IS OUR THERAPY!**

**ASK ABOUT OUR PERSONAL FITNESS TRAINER!**



**FEE PER CLASS: \$3**

**MONTHLY PASS: \$30**

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

**MWR Fitness Coordinator**  
**Jamie Milburn: 706-329-1034 - email: [jamie.m.milburn.naf@army.mil](mailto: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**



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Fort Benning  
Fitness Classes**

SCHEDULE SUBJECT  
TO CHANGE;  
UPDATED:  
08/27/2025