

# GROUP FITNESS: SMITH FITNESS CENTER

## MAY 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
<i>MORNING CLASSES</i>						
6:30 a.m.		POWER UP: with Candi <i>(Studio 1)</i>		YOGA: with Anna <i>(Yoga Studio)</i>		
10 a.m.	ZUMBA: with Ismariela <i>(Studio 1)</i>	ZUMBA: with Alicia <i>(Studio 1)</i>	ZUMBA: with Alicia <i>(Studio 1)</i>	ZUMBA: with Ismariela <i>(Studio 1)</i>		
11:30 a.m.		LUNCH CRUNCH (30): with Jamie <i>(Studio 1)</i>	Pi-Yo (30): with Jamie <i>(Studio 1)</i>	X-PRESS (30): with Jamie <i>(Studio 1)</i>		YOGA: with Becky <i>(Yoga Studio)</i>
<i>AFTERNOON CLASSES</i>						
5:30 p.m.	BOOTCAMP: with Coach Thomas <i>(Studio 1)</i>	CARDIO MIX: with Ismariela <i>(Studio 1)</i>		BOXING: with Coach Thomas <i>(Studio 1)</i>		
<i>EVENING CLASSES</i>						
6 p.m.		YOGA: with Becky <i>(Yoga Studio)</i>	YOGA: with Becky <i>(Yoga Studio)</i> BIKES'N'BANDZ: with Dee <i>(Spin Studio)</i>			
6:30 p.m.				ZUMBA: with Ismariela <i>(Studio 1)</i>		

*Strong and Steady is taking a summer break, come back and join us in August!*

## Join us Saturday, May 9 for our ZUMBATHON from 10 a.m. - 12 p.m.!



Join us for our next events:

### Run to Remember

May 16 @ 8 a.m. at Doughboy

**REGISTER NOW:** online via WebTrac or in person at Smith Fitness Center!

[benning.armymwr.com](http://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: 4/27/2026

Follow us on facebook for updates:

Fort Benning Fitness Classes

# GROUP FITNESS:

## Audie Murphy Athletic Performance Center Whittington High Performance Center **MAY CLASS SCHEDULE**

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## AUDIE MURPHY ATHLETIC PERFORMANCE CENTER

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

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**Run to Remember**

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

**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**

SCHEDULE SUBJECT TO CHANGE;  
UPDATED: 4/27/2026