GROUP FITNESS:
Audie Murphy Athletic Performance Center
Whittington High Performance Center
NOVEMBER CLASS SCHEDULE

EXCUSES DON'T BURN CALORIES!

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	

Join us for our next 5K:

Elf on the Run 5K

December 6 @ 9 a.m. at Doughboy Stadium

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

benning.armymwr.com

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

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: 10/27/2025

GROUP FITNESS: SMITH FITNESS CENTER NOVEMBER CLASS SCHEDULE

U.S. ARMY MWR — SOLDIERS · FAMILIES · RETIREES · CIVILIANS

U.S. ARMY SFA — SPORTS · FITNESS · AQUATICS — FORT BENNING

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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)*			RECOVER AND MOBILITY: with Jamie *(Studio 1)*	
9:30 a.m.						
10 a.m.	ZUMBA: with Ismariela *(Studio 1)*	ZUMBA: with Alicia *(Studio 1)*	ZUMBA: with Alicia *(Studio 1)*	ZUMBA: with Ismariela *(Studio 1)*		
10:30 a.m.						STRENGTH: with Ashley *(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)*
AFTERNOON CLASSES						
5:30 p.m.	BOOTCAMP: with Coach Thomas *(Studio 1)*	CARDIO MIX: with Ismariela *(Studio 1)*		BOXING: with Coach Thomas *(Studio 1)*	TOTAL BODY BURN: with Ashley *(Studio 1)*	
EVENING CLASSES						
6 p.m.		YOGA: with Becky *(Yoga Studio)*	YOGA: with Becky *(Yoga Studio)*			
6:30 p.m.				ZUMBA: with Ismariela *(Studio 1)*		

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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: 05/29/2025