

GROUP FITNESS: SMITH FITNESS CENTER

JUNE 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.				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 for our next events:

Dash'N'Splash 5K Run

July 25 @ 8 a.m. at the Breezeway Complex

MWR Fitness Coordinator:
Jamie Milburn
706-329-1034

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

Registration opens June 15: online via WebTrac or in person at Smith Fitness Center!

benning.armymwr.com

SCHEDULE SUBJECT TO CHANGE;
UPDATED: 5/28/2026

Follow us on facebook for updates:
Fort Benning Fitness Classes

GROUP FITNESS:

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

JUNE 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>				

Join us for our next events:

Dash'N'Splash 5K Run

July 25 @ 8 a.m. at the Breezeway Complex

**Registration opens June 15: online via WebTrac
or in person at Smith Fitness Center!**

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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**

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TO CHANGE;
UPDATED:
5/28/2026