

# GROUP FITNESS: SMITH FITNESS CENTER

## JANUARY CLASS SCHEDULE

FEE PER CLASS: \$3



**EXCUSES DON'T BURN CALORIES!**

**ASK ABOUT OUR PERSONAL FITNESS TRAINER!**

MONTHLY PASS: \$30

Time/Day:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>MORNING CLASSES</b>						
6:30 a.m.		POWER UP: with Candi (Studio 1) <i>6:45a.m. start time</i>		YOGA: with Anna (Yoga Studio)	YOGA: with Anna (Yoga Studio)	
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)		ZUMBA step/toning: with Ivonne
10:30 a.m.						STRENGTH: with Ashley (Studio 2)
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)
<b>AFTERNOON CLASSES</b>						
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)	
<b>EVENING CLASSES</b>						
6 p.m.		YOGA: with Becky (Yoga Studio)	YOGA: with Becky (Yoga Studio) BIKES'N'BANDZ: with Dee (Spin Studio)			
6:30 p.m.				ZUMBA: with Ismariela (Studio 1)		



Follow us on  
facebook for  
updates:  
Fort Benning  
Fitness Classes

Join us for our next events:

**Decade Dash 5K**

**January 24 @ 9 a.m. at Breezeway**

**Ice Breaker Polar Plunge**

**January 24 @ 10 a.m. at Breezeway**

**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: 12/29/2025

# GROUP FITNESS:

## Audie Murphy Athletic Performance Center Whittington High Performance Center

### JANUARY CLASS SCHEDULE

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#### AUDIE MURPHY ATHLETIC PERFORMANCE CENTER

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

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#### **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:  
12/29/2025