

GROUP FITNESS: SMITH FITNESS CENTER

FEBRUARY CLASS SCHEDULE



EXCUSES DON'T BURN CALORIES!

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) <i>6:45a.m. start time</i>		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)
AFTERNOON CLASSES						
5:00 p.m.	STRONG & STEADY: with Lori & Jamie (Studio 2)					
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) BIKES'N'BANDZ: with Dee (Spin Studio)			
6:30 p.m.				ZUMBA: with Ismariela (Studio 1)		



Join us for our next events:

Hot Dog Run 5K

February 28 @ 9 a.m. at MWR Dog Park

Run to Remember

May 16 @ 9 a.m. at Doughboy

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

benning.armymwr.com

**MWR Fitness
Coordinator:
Jamie Milburn
706-329-1034**

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

SCHEDULE SUBJECT TO CHANGE;
UPDATED: 1/28/2026

**Follow us on
facebook for
updates:**

**Fort Benning
Fitness Classes**

GROUP FITNESS:

Audie Murphy Athletic Performance Center Whittington High Performance Center JANUARY CLASS SCHEDULE

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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	

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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:
1/28/2026