

GROUP FITNESS: SMITH FITNESS CENTER

MARCH CLASS SCHEDULE

FEE PER CLASS: \$3

MONTHLY PASS: \$30



SPRING IS HERE, Y'ALL!

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>		POWER UP: with Candi <i>(Studio 1)</i>	RECOVER AND STRETCH: with Jamie <i>(Studio 1)</i>	
9 a.m.						
10 a.m.	ZUMBA STEP: with Ivonne <i>(Studio 1)</i>	ZUMBA: with Alicia <i>(Studio 1)</i>	ZUMBA: with Alicia <i>(Studio 1)</i>	ZUMBA TONING: with Ivonne <i>(Studio 1)</i>		
11:30 a.m.		LUNCH CRUNCH (30): with Jamie <i>(Studio 1)</i>		EX-PRESS (30): with Jamie <i>(Studio 1)</i>		
<i>AFTERNOON CLASSES</i>						
12 p.m.						YOGA: with Becky <i>(Yoga Studio)</i>
4:30 p.m.	ZUMBA: with Grace <i>(Studio 1)</i>					
5 p.m.						
5:30 p.m.	BOOTCAMP: with Coach Thomas <i>(Studio 1)</i>	ZUMBA: 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>			
6:30 p.m.				ZUMBA: with Ismariela <i>(Studio 1)</i> <i>*starts at 6:40 p.m.</i>		



Follow us on facebook for updates:
Fort Benning Fitness Classes

JOIN US FOR OUR
SHAMROCK SHUFFLE 5K RUN!
MARCH 14 @ 6 P.M. AT THE INFANTRY BAR PARKING LOT! (After Party starts at 8 p.m. at the Infantry Bar featuring DJ Cash Flow)!
Dress in green, and run like a Leprechaun chasing a rainbow thru scenic Fort Benning.
Pre-register and save money; online via WebTrac or in person at Smith Fitness Center!
Event info at 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: 3/6/2025

GROUP FITNESS:

Audie Murphy Athletic Performance Center Whittington High Performance Center **MARCH CLASS SCHEDULE**



FEE PER CLASS: \$3

MONTHLY PASS: \$30

SPRING IS HERE, Y'ALL!

ASK ABOUT OUR PERSONAL FITNESS TRAINER!

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	BOXING Coach Thomas

**JOIN US FOR OUR
SHAMROCK SHUFFLE 5K RUN!**

MARCH 14 @ 6 P.M. AT THE INFANTRY BAR PARKING LOT!

(After Party starts at 8 p.m. at the Infantry Bar featuring DJ Cash Flow)!

Dress in green, and run like a Leprechaun chasing a rainbow thru scenic Fort Benning.

Pre-register and save money; online via WebTrac or in person at Smith Fitness Center!

Event info at 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: 3/6/2025