

GROUP FITNESS:

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

AUGUST CLASS SCHEDULE

FITNESS IS OUR THERAPY!

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.	BOXING Coach Thomas			BOXING Coach Thomas	BOXING Coach Thomas
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.	Whittington High Performance Center will be closed in August due to renovations inside the facility. Visit Audie Murphy Athletic Performance Center to participate in Coach Thomas Boxing Class!				

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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Fort Benning
Fitness Classes**

SCHEDULE SUBJECT
TO CHANGE;
UPDATED:
07/30/2025