

# GROUP FITNESS: SMITH FITNESS CENTER

## AUGUST CLASS SCHEDULE



**FITNESS IS OUR THERAPY!**

**ASK ABOUT OUR PERSONAL FITNESS TRAINER!**

**FEE PER CLASS: \$3**

**MONTHLY PASS: \$30**

| Time/Day:                | MONDAY                                       | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY                             |
|--------------------------|--|--|---|--|---|--------------------------------------|
| <b>MORNING CLASSES</b>   |  |  |   |  |   |                                      |
| 6:30 a.m.                |  | POWER UP:<br>with Candi<br>(Studio 1)          |   | POWER UP:<br>with Candi<br>(Studio 1)  | RECOVER AND MOBILITY:<br>with Jamie<br>(Studio 1) |                                      |
| 9:30 a.m.                |  |  |   |  |   | CARDIO:<br>(Studio 1)                |
| 10 a.m.                  | ZUMBA:<br>with Ismariela<br>(Studio 1)       | ZUMBA:<br>with Alicia<br>(Studio 1)            | ZUMBA:<br>with Alicia<br>(Studio 1)   | ZUMBA:<br>with Ismariela<br>(Studio 1)   |   |                                      |
| 10:30 a.m.               |  |  |   |  |   | STRENGTH:<br>(Studio 1)              |
| 11:30 a.m.               |  | LUNCH CRUNCH (30):<br>with Jamie<br>(Studio 1) | PI-YO (30):<br>with Jamie<br>(Studio 1)   | X-PRESS (30):<br>with Jamie<br>(Studio 1)  |   | YOGA:<br>with Becky<br>(Yoga Studio) |
| <b>AFTERNOON CLASSES</b> |  |  |   |  |   |                                      |
| 5:30 p.m.                | BOOTCAMP:<br>with Coach Thomas<br>(Studio 1) | CARDIO MIX:<br>with Ismariela<br>(Studio 1)    |   | BOXING:<br>with Coach Thomas<br>(Studio 1)   | METABOLIC BURN:<br>with Ashley<br>(Studio 1)      |                                      |
| <b>EVENING CLASSES</b>   |  |  |   |  |   |                                      |
| 6 p.m.                   |  | YOGA:<br>with Becky<br>(Yoga Studio)           | > YOGA:<br>with Becky<br>(Yoga Studio)<br>> BIKES'N'BANDZ:<br>with Dee<br>(Spin Studio) |  |   |                                      |
| 6:30 p.m.                |  |  |   | AUG 7 + 21 ONLY:<br>> CARDIO MIX:<br>with Ismariela<br>(Studio 1)<br>AUG 14 + 28 ONLY:<br>> ZUMBA:<br>with Ismariela<br>(Studio 1) |   |                                      |

**SATURDAY CLASSES!  
NEW FORMAT  
NEW TRAINER**

**TRY OUR NEW  
SATURDAY  
CLASSES!**

**9:30 A.M.: CARDIO  
10:30 A.M.: STRENGTH  
11:30 A.M.: YOGA**



Follow us on  
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**Fort Benning  
Fitness Classes**



[benning.armymwr.com](http://benning.armymwr.com)

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

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

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

# GROUP FITNESS:

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

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### AUDIE MURPHY ATHLETIC PERFORMANCE CENTER

| Time/Day:  | MONDAY                             | TUESDAY | WEDNESDAY | THURSDAY               | FRIDAY                 |
|------------|------------------------------------|---------|-----------|------------------------|------------------------|
| 6:30 a.m.  | BOXING<br>Coach Thomas             |         |           | BOXING<br>Coach Thomas | BOXING<br>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](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**



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Fitness Classes**

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