

GROUP FITNESS: SMITH FITNESS CENTER

AUGUST 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
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MORNING CLASSES

6:30 a.m.				YOGA: with Anna (Yoga Studio)		
10 a.m.	ZUMBA: with Ismariela (Studio 1)	ZUMBA: with Alicia (Studio 1)	ZUMBA: with Alicia (Studio 1)	ZUMBA: with Ismariela (Studio 1)		
10:30 a.m.						
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

4:30 p.m.	STRONG & STEADY: with Jamie, Lori, and Tiffany (Spin Studio) > Starting August 17					
5:30 p.m.	BOOTCAMP: with Coach Thomas (Studio 1)	CARDIO MIX: with Ismariela (Studio 1)		BOXING: with Coach Thomas (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)		

STRONG & STEADY IS BACK!

We are back starting Monday, August 17; join us every Monday at 4:30 p.m.!

SAVE THE DATE:

9/11 CHALLENGE

**September 11, 6 a.m. - 4 p.m.
at Doughboy Stadium**



Stay updated at
benning.armymwr.com

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

SCHEDULE SUBJECT TO CHANGE;
UPDATED: 7/27/2026

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

GROUP FITNESS:

Audie Murphy Athletic Performance Center Whittington High Performance Center

AUGUST CLASS SCHEDULE

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AUDIE MURPHY ATHLETIC PERFORMANCE CENTER

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

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September 11, 6 a.m. - 4 p.m.
at Doughboy Stadium



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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:
7/27/2026