

Smith Fitness Center Fitness Class Schedule

APRIL

Mon
Tues
Wed
Thurs
Fri
Sat

AM Fitness Room 1

PM

AM Fitness Room 2

PM

Dont forget these classes!

<p>0930 -RIPPED - Jackie</p> <p>1145 - Lunch Time Step with Jeanene</p>	<p>1740-1900 - Zumba + Combo with Sujeil & Karla</p>	<p>0600 - Spin with Lauri</p> <p>0930: TRX Combo - Jenny</p> <p>1045 - Spin with Jennifer</p>	
<p>0930 -Muscle Challenge Lauri</p> <p>1040 - Zumba</p>	<p>1940 - Zumba with Karla</p>	<p>0600 - Kettlebell AMPD with Lauri</p>	<p>Yoga at Audie Murphy 1130-1215 Sarah</p>
<p>0930 -P90X - Jackie</p> <p>1130 -Yoga (held downstairs) Sarah</p> <p>1145 - Lunch Time Step with Jeanene</p>	<p>1930 - STRONG with Karla</p>	<p>0600 - Spin with Lauri</p> <p>0930: TRX Combo - Jenny</p> <p>1045 - Spin with Jennifer</p>	
<p>0930 -Muscle Challenge Lauri</p> <p>1030 - Zumba</p>	<p>1940 - Zumba Sentao with Karla</p>	<p>0600 - Kettlebell AMPD with Lauri</p>	<p>Yoga at Audie Murphy 1130-1215 Your Yoga at Audie Murphy 1730 & 1900 - Sarah</p>
<p>0930 -RIPPED - Jackie</p> <p>1145 - Lunch Time Step with Jeanene</p>		<p>0600 - Spin with Lauri</p> <p>1045 - Spin with Jennifer</p>	
<p>1045- Zumba with Sujeil</p>			

UNITED STATES ARMY
EST FORT BENNING, GA 1918
Sports Fitness Aquatics

FEES: \$25.00/month for unlimited classes or \$3.00 per class.
Must give instructor class pass prior to any class you take or present monthly pass!
PLEASE dont steal classes. This is how our instructors are paid. No class ticket = no instrutor.

Class Descriptions

Kettlebell AMPD: Whole body workout using kettlebells and music to work arms, legs, core and cardio. Each song concentrates on a main area while still maintaining a whole body workout.

Lunch Time Step: Quick 45 minute high energy step class to get your workout in - during your lunch! Stay past 1230 and join us for abs until 1245.

Muscle Challenge: Strengthen your entire body as you challenge each muscle group all set to music. For all ability levels.

P90X - Just like the video - only led by an instructor.

RIPPED: 50 min intense total body cardio workout equal parts cardio and weights. Open to all levels.

Spin: Give your body a change and try this awesome spinning class to boost your weekly workout.

TRX Combo: Body weight training using TRX plus cardio burst for the perfect workout.

Your Yoga - Yoga class for YOU! All ability levels welcome. Take the time for you and end feeling relaxing and stronger. After class stay for a 5-10 minute session using foam rollers.

Yoga: Beginner, intermediate and Advanced Yoga moves designed to work on strength, flexibility and breathing to improve performance, reduce injury and provide faster recovery for athletes of all levels.

Yoga is HELD AT AUDIE MURPHY on Tues/Thur and SMITH on Wed.

Zumba: Salsa dancing to give you one great workout and lots of fun too! Try it!!

Zumba + Combo - All your favorite Zumba moves and classes including step, tone, Sentao, etc to help you stay focused and motivated.

Zumba Sentao - Zumba with chairs? Try it - you will love it!

Additional Fitness programs-

Personal Training

Sessions consist of individual or group training of up to 4 people with packages available from 4 sessions to 12 sessions.

Interested in PT for your Unit??

Unit PT is offered on a requested basis and is based on instructor availability and class availability.

Class is \$50.00 for a one hour session.

If interested - please email Lori
lori.m.smith38.naf@mail.mil

For More info on Classes, Boot Camps ,
Personal training and the running program
please contact
Lori Smith at
lori.m.smith38.naf@mail.mil