

Group Fitness Classes October 2020

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
MORNING	9:00 AM Boot Camp (60 min) Fryar Stadium Kari	10:30 AM Step Aerobics (60 min) Estep PFC Etana	9:00 AM Boot Camp (60 min) Estep PFC Kari	9:00 AM Zumba® (60 min) Shaw PFC Carla 10:30 AM Step Aerobics (60 min) Estep PFC Etana	9:00 AM Boot Camp (60 min) Fryar Stadium Kari
MID DAY					
EVENING	5:30 PM Zumba® (60 min) Shaw PFC Angie	6:00 PM Zumba® (60 min) Estep PFC Carla	6:00 PM Zumba® (60 min) Estep PFC Amanda	No Classes on Donsa and Holiday's	5:30 PM Zumba (60 min) Shaw PFC Angie

Saturdays

3	10	17	24	31
10:30 Zumba® (60 min) Shaw PFC Angie	10:30 AM Zumba (60 min) Shaw PFC Angie	10:30 AM Zumba® (60 min) Shaw PFC Angie	10:30 AM Zumba® (60 min) Shaw PFC Angie	10:30 AM Zumba® (60 min) Shaw PFC Angie

- All classes and instructors subject to change without notice.
- All classes are 60 minutes unless otherwise specified.

Location
Estep PFC
Shaw PFC
Fryar Stadium

Patrons must register in advance
online

Individual Class at each facility \$5

30 day unlimited pass \$40



FEES

-FITNESS CLASSES-

Fitness Class.....\$5
Unlimited 30 Day Fitness Class Pass..... \$40

-PERSONAL TRAINING-

1- 30 Minute Session.....\$30
3 – 30 Minute Sessions.....\$75

1-60 Minute Session.....\$40
1-60 Minute Buddy PT.....\$50
3-1 Hour Sessions.....\$105
6-1 Hour Sessions.....\$180

-MISCELLANEOUS FEES-

Unit Room Rental.....\$20
Unit Room Rental with MWR Instructor.....\$40
Unit Aqua Aerobics PT with MWR Instructor.....\$40
Unit Offsite PT with MWR Instructor.....\$50

Class options are available at the front desk of Estep PFC. Aqua Aerobics PT is limited to 30 participants and will only be available Thursdays and Fridays (6:30am-7:30am).



Hours of Operation for the Physical Fitness Centers and Gardner Indoor Swimming Pool as well as Group Fitness Class descriptions can be found on our website at www.campbell.army.mwr.com

Physical Fitness Centers and Swimming Pools are open to all Active Duty, Retirees, Reservists, National Guard, DoD Civilians, Contractors and Family Members.

Physical Fitness Centers

Children 13-15 years of age must be accompanied by a parent.

Fitness Class patrons must be age 16+ to participate.

Cycling and Spin® class patrons must be age 18+.

Swimming Pools

Swimming Pool patrons age 12 and under must be accompanied by an adult.

Children age 13+ with a valid Military ID card may come without an adult.

Children age 16+ with a valid Military ID card may come without an adult and take responsibility of themselves and younger siblings.

Aqua patrons must be age 13+ with an adult or age 16+ to participate.