


Group Fitness Classes February 2019

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
MORNING	9am Boxing 101 Sean 10am Living Fitness Marla 1030am Mixer 4 PiYo™ 11 P90X™ 25 Insanity™ 1030am Cycle Megan	9am Cycle Fusion Sean 9am Zumba® Jaira 10am Aqua JUMP Debbie 1030am Total Pump AM Amanda	9am Muscle X (45m) Amanda/Megan 10am Living Fitness Marla 1015am Munchkin & Me ** Megan/Anna 1030am Cycle Sean	9am P90X™ Amanda (No Class February 14) 9am Zumba® (KC) Jaira 10am Kickin' It Deep Marla 1030am Total Pump AM Megan	530am Aqua Intervals Debbie/Marla 9am Boxing 101 Sean 10am Kick Your Booty Boot Camp Style Marla 1030am P90X™ Amanda 1030am Cycle Sean
LUNCH	12pm Power Pump Megan	12pm PiYo™ Anna	12pm Power Pump Megan (No Class February 6) 2pm Boot Camp (KC) Megan (No Class February 6)	12pm PiYo™ Anna	12pm Power Pump Megan
EVENING	430pm Aqua JUMP (45m) Debbie 430pm Total Pump PM Emelia 5pm Power Cycle (45m) Linzi 6pm Boxing 101 Sean	430pm Kick Your Booty Boot Camp Style (45m) Marla 445pm Yoga Holly 6pm Spin® Geneva	430pm Aqua Cardio Combat (45m) *New* Shelly (No Class Feb 6) 430pm Total Pump PM Emelia 6pm Boxing 101 Sean	430pm Aqua Spin (45m) Megan 5pm Power Hour Linzi 6pm Spin® Geneva	 We encourage you to dress in fun Valentine's Day attire on February 14.
Saturdays					
	2	9	16	23	
	10am Spin® Geneva 10am Aqua Core De Force™ Amanda	10am Spin® Geneva 10am Aqua Cardio Combat Shelly	10am Spin® Geneva 10am Aqua Yoga Holly	10am Spin® Geneva 10am Aqua Cardio Combat Shelly	CLOSED FEBRUARY 15 & 18

- All classes and instructors subject to change without notice.
- All classes are 60 minutes unless otherwise specified.
- Admission to classes will not be allowed 15 minutes after class has started.
- **Munchkin & Me Classes** are for children ages 3+ along with their guardian

Location

Estep PFC

Shaw PFC

Gardner Indoor Pool

"KC" Kids Allowed in Kids Corner

Class held at Estep \$3

Class held at Shaw \$3

Class held at Gardner \$3

30 day unlimited pass \$30



FEES

-FITNESS CLASSES-

Fitness Class.....\$3
Unlimited 30 Day Pass with MWR Instructor..... \$30

-PERSONAL TRAINING-

1- 30 minute Session.....\$30
1-60 minute Session.....\$40
1-60 minute Buddy PT.....\$50
3-1 Hour Sessions.....\$105
6-1 Hour Sessions.....\$180

-MISCELLANEOUS FEES-

Unit Offsite PT with MWR Instructor.....\$25
Unit Room Rental with MWR or Unit Instructor.....\$20

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.



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 under the Recreation tab.