

ESTEP

WELLNESS
CENTER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MORNING

900a **Bootcamp**
Megan

900a Zumba®
Lena

900a **Bootcamp**
Lena

900a Zumba®
Lena

0900a Yoga
Tara

1000a **Power Cycle**
Megan

1030a Total
Pump AM
Amanda
(Megan 6th)

1000a Zumba®
Lena

1030a Total
Pump AM
Megan

1000a **Power Cycle**
Megan

1000a Yoga
Tara

1000a Cycle
Megan

1030a Turbo Kick™
Anna

No Class on the 23rd

EVENING

430p Total
Pump PM
Emelia

500p Go Hard
Linzi

430p Total
Pump PM
Emelia

430p PiYo™
Amanda
(Anna 1st)

600p Zumba®
Nicole

600p Spin®
Geneva

600p Yoga
Tara

600p Spin®
Geneva

No Classes Monday February 19th

SATURDAY

3rd

10th

17th

24th

900a **Tag-Team It Up**
(**Bootcamp**)
Megan

900a Turbo Kick™
Anna

900a **"BFF Dance Jam**
Country Heat™
Amanda

900a Go Hard
Linzi

1000a Spin®
Geneva

1000a **"Battle of the
Sexes" Spin®**
Geneva

1000a Spin®
Geneva

1000a Spin®
Geneva

1030a PiYo™
Anna

1030a PiYo™
Anna

1030a **"Lift Together P90X™**
Amanda

45 mins

Sweaty Satur-Dates

TWENTY EIGHTEEN

FEBRUARY



~DAILY/WEEKLY FEES~

Facility -----	\$5
Fitness Class -----	\$5
Seven Days (Expires 45 days from purchase) -----	\$15

~FIT PASS~

14 Fitness Classes (Expires 60 days from purchase) -----	\$55
--	------

~MONTHLY FEES~

Facility -----	\$25
Fitness Class -----	\$45
Seven Days (Expires 45 days from purchase) -----	\$15

~COMBO PACKAGES~

Facility & Locker -----	\$35
Facility & Classes -----	\$55
Household Facility & (Unlimited Use) -----	\$70

** Lockers may be used on a daily basis at no cost. If you wish to leave items overnight, you must rent a locker on a monthly basis. Estep reserves the right to cut any lock left on a daily usage locker overnight or when rent is past due.

~PERSONAL TRAINING~

1~30 minute Session -----	\$25
1~60 minute Session -----	\$40
1~60 minute Buddy PT -----	\$50
3~1 Hour Sessions -----	\$105
6~1 Hour Sessions -----	\$180

~MISCELLANEOUS FEES~

Unit PT/Group Class -----	\$40 on-site/\$45 off-site
---------------------------	----------------------------

HOURS OF OPERATION

Monday-Friday
5:00am - 9:00pm

Saturday
7:00am-5:00pm

Sunday
10:30am-4:00pm

Closed on New Year's Day,
Thanksgiving and Christmas

Estep is open to all Active Duty, Retirees,
Reservists, National Guard, DoD Civilians,
Contractors, Family Members and Guests

Children 13-15 years of age must be accompanied
by a parent to use Estep Wellness Center.

Fitness class patrons must be age 16.

Note: Minimum age for indoor cycling is 18 years old.

Check Out Our Class Descriptions & Special Events at
www.campbell.armymwr.com

www.campbell.armymwr.com
270.798.4664