

ESTEP

PHYSICAL FITNESS
CENTER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MORNING

1030a ****Power Cycle****
Megan

900a Zumba®
Lena

1030a ****Cycle****
Megan

900a Zumba®
Lena

1030a Total
Pump AM
Anna

0900a PiYo™
Anna

1030a ****Power Cycle****
Megan

1030a Kickboxing
Anna
(No Class 6th or 13th)

EVENING

430p Total
Pump PM
Amanda

500p Go Hard
Lini

430p Total
Pump PM
Megan

430p PiYo™
Amanda

600p Spin®
Geneva

600p **Power Cycle**
Lini

600p Spin®
Geneva

****Class Time Change****

No Evening Classes April 30th, DONSA

SATURDAY

7th

14th

21st

28th

All Saturday classes are held at
Slaw Physical Fitness Center, 7070 California Road

830a Country Heat™
Amanda

830a Country Heat™
Amanda

1000a Spin®
Geneva

1000a Spin®
vs
Zumba®
Geneva & Annika

1000a Spin®
Geneva

1000a Spin®
Geneva

45 mins

TWENTY EIGHTEEN

APRIL



- FEES -

Fitness Class	\$5
Fitness Classes (14)	\$35

- 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 PT/Group Class	\$40 on-site/\$45 off-site
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HOURS OF OPERATION

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

DONSA's
8:00am - 4:00pm

Closed on Federal Holidays

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