

May 2018

Estep Physical Fitness Facility

2270 Kentucky Ave

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
MORNING	1000am PiYo™ Anna 1030am Power Cycle Megan		900am Muscle X Lena 1030am Cycle Megan		1000am PiYo™ Anna 1030am Power Cycle Megan No Power Cycle on the 25 th
NOON					
EVENING	430pm Total Pump PM Amanda	500pm Power Hour Linzi 600pm Spin® Geneva	430pm Total Pump PM Amanda	600pm Spin® Geneva	DONSA hours on Friday the 25 th , Closed on Memorial Day (28 th)
			45 Minutes		

- All classes and instructors subject to change without notice.
- Please warm up prior to participating in any 30 minute class.
- All classes are 60 minutes unless otherwise specified.
- Admission to classes will not be allowed 15 minutes after class has started.



– 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

HOURS OF OPERATION:

Monday – Friday
5:00am – 9:00pm

DONSAS
8:00am – 4:00pm

Closed on Federal Holidays

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

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: Age limit for indoor cycling
is 18 years old.

Check Out Our Class Descriptions & Special Events at
www.campbell.armymwr.com
or call 270.798.4664