

Group Fitness Classes June 2018

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
MORNING	1030am Power Cycle Megan	900am Zumba® Lena No class June 12 1030am Total Pump AM Megan	900am Muscle X Lena	900am Zumba® Lena No class June 14 1030am Total Pump AM Anna	1030am Power Cycle Megan
NOON					
EVENING	430pm Total Pump PM Megan June 4 Emelia June 11 Amanda June 18 & 25 500pm Power Cycle Linzi 600pm Yin Yoga Adia No class June 4 & 11	500pm Power Hour Linzi 600pm Spin® Geneva	430pm Total Pump PM Emelia No class June 6	600pm Spin® Geneva	

Saturdays at Shaw				
2 nd	9 th	16 th	23 rd	30 th
No Classes	830am POUND® Megan 1000am Spin® Geneva	**Demos at Healthy Lifestyles Event** 1000am Spin® Geneva	830am Country Heat™ Amanda 1000am Spin® Geneva	830am Core De Force™ Amanda 1000am Spin® Geneva

- 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.

- Estep PFC
- Shaw PFC
- Commissary

Class held at Shaw \$3
Class held at Estep \$3
30 day unlimited pass \$30



– FEES –
 Fitness Class.....\$3

– FITNESS CLASSES –
 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
Unit Room Rental with Own Instructor.....	\$20

**Shaw Physical Fitness Center
 HOURS OF OPERATION:**

Monday – Friday
 5:00am – 9:00pm

Saturday– Sunday
 8:00am – 4:00pm

DONSAS
 8:00am – 4:00pm

Open Alternating Holidays
(please call)

Physical Fitness Centers are 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
 Physical Fitness Centers. Fitness
 class patrons must be age 16+.

Cycling and spin class patrons must be 18+.

Class Descriptions at:
www.campbell.armymwr.com
 or call 270.461.2294