

# JUNE 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1030am Power Cycle <b>EVERY MONDAY</b> 430pm Total Pump PM <b>EVERY MONDAY</b> 5pm Power Cycle <b>EVERY MONDAY</b> 6pm Yin Yoga <b>EVERY MONDAY</b>	9am Zumba® <b>EVERY TUESDAY</b> 1030am Total Pump AM <b>EVERY TUESDAY</b> 5pm Power Hour <b>EVERY TUESDAY</b> 6pm Spin® <b>EVERY TUESDAY</b>	9am Muscle X <b>EVERY WEDNESDAY</b> 430pm Total Pump PM <b>EVERY WEDNESDAY</b>	9am Zumba® <b>EVERY THURSDAY</b> 1030am Total Pump AM <b>EVERY THURSDAY</b> 6pm Spin® <b>EVERY THURSDAY</b>	<b>1</b> 1030am Power Cycle <b>EVERY FRIDAY</b> ESTEP PFC Alpha Warrior Rig Mini Competition 4p-6p	<b>2</b> <b>NO CLASSES TODAY</b>
<b>3</b>	<b>4</b>  <b>NO YIN YOGA TODAY</b>	<b>5</b>	<b>6</b>  <b>NO TOTAL PUMP PM TODAY</b>	<b>7</b>  OLIVE PFC Lunch Break 1000 Pound Competition 11:30a-1p	<b>8</b>  CLARKSVILLE BASE PFC Lunch Break Pull-up Competition 11:30a-1p	<b>9</b>  830am POUND® 10am Spin®
<b>10</b>	<b>11</b>  <b>NO YIN YOGA TODAY</b>  SABO PFC Coach/Captain Meeting 3 on 3 Competition 1p	<b>12</b>  <b>NO ZUMBA® TODAY</b>	<b>13</b>	<b>14</b>  <b>NO ZUMBA® TODAY</b>  SABO PFC Evening 3 on 3 Competition 6p-8p	<b>15</b>	<b>16</b>  10am Spin®  Join us at the Commissary for Healthy Lifestyle Festival
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>  LOZADA PFC Lunch Break 3 Point Shot Competition 11:30-1p	<b>21</b>	<b>22</b>  GERTSCH PFC Lunch Break 1000 Pound Competition 11:30a-1p	<b>23</b> 830am Country Heat™ 10am Spin®  FRATALLENICO PFC Lunch Break 4 Person Team Challenge 1a-1p
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>  SHAW PFC Lunch Break 3 Point Shot Competition 11:30a-1p	<b>30</b>  830am Core De Force™ 10am Spin®

All monthly PFC competitions are FREE  
Please register at PFC holding activity

Fitness classes \$3 each  
30 day unlimited fitness class pass \$30

- 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 starts.

■ Estep PFC  
■ Shaw PFC  
■ Commissary

### Alpha Warrior Rig Mini Competition

Devil Steps, Timed Challenge - Salmon Ladder Challenge, Rope Climb Challenge and other exciting challenges to determine who is June's "Alpha Warrior"

### Lunch Break 1000 Pound Competition

An individual competition where participants will compete in these lifts: a powerlift, a deadlift, a squat and a bench press. At the conclusion of the lifts, if they have lifted 1000lbs aggregate, their name will be listed in the 1000 pound club and receive recognition at the event.

### Lunch Break Pull-up Competition

Individual participants have 2 minutes to complete as many pull-ups as possible. The top 3 participants will receive recognition.

### Evening 3 on 3 Competition

A team with a maximum of 6 players will compete in a single elimination tournament with recognition for the winner, runner-up and third place teams. Each game will be a straight 12. Limited to first 16 teams to sign up. Team captain/coach meeting will be held Monday, June 11, 2018 at 1:00pm at Sabo PFC.

**(Soldiers only)**

### Lunch Break 3 Point Shot Competition

Individual participants will have one minute to see who can make the most 3 point shots from any of the three points along the arch.

### Lunch Break 4 Person Team Challenge

Four teams of four people will compete to see which team can complete 100 pull-ups, 200 deadlifts (135lbs), 200 push-ups, 200 24" box jumps and 200 clean and jerk (95lbs). Open to the first 4 teams to sign up.

**(Soldiers only)**

**Open to all active duty Soldiers, Family members, military Retirees and DoD Civilians unless indicated.**

### Clarksville Base PFC

7540 Headquarters Loop Road

M-F 5a-5p

Sat & Sun Closed

**270.412.5285**

### Estep PFC

2270 Kentucky Avenue

M-F 5a-9p

Sat & Sun Closed

**270.798.4023/4664**

### Fratellenico PFC

3932 Indiana Avenue

M-F 5a-9p

Sat 8a-4p

Sun 10a-4p

**270.798.9418**

### Gertsch PFC

3610 Indiana Avenue

M-F 5a-9p

Sat Closed

Sun 8a-4p

**270.798.2753**

### Lozada PFC

6992 Desert Storm Avenue

M-F 5a-9p

Sat Closed

Sun 8a-4p

**270.798.5380**

### Ollive PFC

6990 A Shaw Valley Road

M-F 5a-9p

Sat 8a-4p

Sun Closed

**270.798.4101**

### Sabo PFC

7037 Toccoa Road

M-F 5a-9p

Sat & Sun 8a-4p

**270.798.7355**

### Shaw PFC

7979 California Road

M-F 5a-9p

Sat Closed

Sun 8a-4p

**270.461.2294**



**JUNE 2018**

## PHYSICAL FITNESS CENTER GROUP FITNESS CLASSES & COMPETITIONS

**Fort Campbell, Kentucky**



**Fort Campbell MWR**

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