

Group Fitness Classes - September 2018

Mondays		Tuesdays		Wednesdays		Thursdays		Fridays		Saturdays	
Mornings	9am Nine O’Clock Mixer 10 Sep - PiYo™ 17 Sep - P90X™ 24 Sep - Bootcamp	9am Zumba® Lena	9am Muscle X (45m) Lena	9am Zumba® Lena	10am Zumba® Abigail	September 1, 8, 15, 22, 29 830am Zumba® Abigail 10am 1, 15, 29 Sep Aqua ZUMBA® Abigail					
	10am Aqua Living Fitness Marla	10am Aqua JUMP Debbie	10am Aqua Living Fitness Marla	10am Aqua Spin (45m) Marla	10am Kick Your Booty Boot Camp Style Marla						
	1030am Power Cycle (45m) Megan	1030am Total Pump AM Amanda	1030am Cycle Sean	1030am Total Pump AM Megan	1030am Power Cycle (45m) Sean						
Afternoons / Evenings	430pm Kick Your Booty Boot Camp Style Marla	430pm Aqua JUMP Debbie	430pm Aqua GLIDE Amanda/Megan	430pm Aqua Spin (45m) Megan/Amanda	**NO CLASSES on September 3 (Labor Day)						
	430pm Total Pump PM Amanda	5pm Power Hour Linzi	430pm Total Pump PM Emelia	6pm Spin® Geneva							
	5pm Power Cycle (45m) Linzi	6pm Spin® Geneva	6pm Zumba® Abigail								
<ul style="list-style-type: none">• 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 Baldonado Pool		\$3 per class or \$30 for a 30 Day Unlimited pass that can be used for both PFC exercise classes and Aquatics exercise classes.					

- 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



Hours of Operation for the Physical Fitness Centers
and Baldonado Outdoor Swimming Pool
as well as Group Fitness Class descriptions
can be found on our website at
www.campbell.armymwr.com
under the Recreation tab.

**Physical Fitness Centers
and Swimming Pools
are open to all
Active Duty, Retirees, Reservists,
National Guard, DoD Civilians,
Contractors and Family Members.**

Physical Fitness Centers

Children 13-15 years of age must be
accompanied by a parent.

Fitness class patrons must be
age 16+ to participate.

Cycling and Spin class patrons
must be age 18+.

Swimming Pools

Swimming Pool patrons age 12
and under must be accompanied
by an adult.

Children age 13+ with a valid
Military ID card may come
without an adult.

Children age 16+ with a valid
Military ID card may come without an
adult and take responsibility of
themselves and younger siblings.

Aqua Class patrons must be
age 13+ with an adult or age 16+
to participate.