

# Group Fitness Classes - August 2018

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
Mornings	<b>9am</b> Nine O'Clock Mixer 6 Aug - PiYo™ 13 Aug - Core De Force™ 20 Aug - P90X™ 27 Aug - PiYo™  <b>10am</b> Aqua Living Fitness Marla  <b>1030am</b> Power Cycle (45m) Megan	<b>9am</b> Zumba® Lena  <b>10am</b> Aqua JUMP Debbie  <b>1030am</b> Total Pump AM Amanda	<b>9am</b> Muscle X (45m) Lena  <b>10am</b> Aqua Living Fitness Marla  <b>1030am</b> Cycle Sean	<b>9am</b> Zumba® Lena  <b>10am</b> Aqua Spin (45m) Marla  <b>1030am</b> Total Pump AM Megan	<b>10am</b> Zumba® Abigail  <b>10am</b> Kick Your Booty Boot Camp Style Marla  <b>1030am</b> Power Cycle (45m) Sean	<b>August 4, 11, 18 &amp; 25</b>  <b>830am</b> 4, 18, 25 Aug Zumba® Abigail  <b>10am</b> 4, 18 Aug Aqua ZUMBA® Abigail  <b>10am</b> 11, 25 Aug Aqua GLIDE Amanda  <b>10am</b> Spin® Geneva
	<b>430pm</b> Kick Your Booty Boot Camp Style Marla  <b>430pm</b> Total Pump PM Emelia  <b>5pm</b> Power Cycle (45m) Linzi	<b>430pm</b> Aqua JUMP Debbie  <b>5pm</b> Power Hour Linzi  <b>6pm</b> Spin® Geneva	<b>430pm</b> Aqua GLIDE Amanda/Megan  <b>430pm</b> Total Pump PM Emelia  <b>6pm</b> Zumba® Abigail	<b>430pm</b> Aqua Spin (45m) Megan/Amanda  <b>6pm</b> Spin® Geneva	<b>**No Aqua Living Fitness Class or Afternoon/Evening Classes on August 20.</b>	
Afternoons / Evenings	<ul style="list-style-type: none"> <li>• All classes and instructors subject to change without notice.</li> <li>• Please warm up prior to participating in any 30 minute class.</li> <li>• All classes are 60 minutes unless otherwise specified.</li> <li>• Admission to classes will not be allowed 15 minutes after class has started.</li> </ul>			<b>Estep PFC</b>  <b>Shaw PFC</b>  <b>Baldonado Pool</b>	\$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

**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.



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](http://www.campbell.armymwr.com) under the Recreation tab.