JULY 2018										
SUNDAY	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	SATURDAY
"No Classes on July 4th and no evening classes on July 5th"	ESTEP PPC Base Office Mass Office Ma	BATTER FF C Trail Diggs 100 BASTER FF C Bring C pile	BALDONALO POOL days Agents BALD PRO 1-MARS PRO 1-MARS AND Ho Class Zas	same pro Tracy bear same pro "By" nbot Today	# SETEPPPC Nagh 2 BALDONADO POOL Links Page 2 SETEPPPC CONSTRUCTOR CONSTRUCTOR	Battle IV-C Trial Days IV- Battle IV-C Daylor	SHAW FFC Depts' BALLO HALD FOCK State FFC Trial Cont	umpre **	ETTER PPC 1 CGC 1 CGC 1 ALDOMAND POOL Both Completion Complet	BRAME PRO Surface To the Surface May 10 Surface May 10 Surface No.
9	BATTER PPC BATCOLA Mare BATCOLA Mare Ling Financia Extra PPC Cong. Carlo Cong.	BATER POC Toka Dump Hel AUG BARN POC BARN E Cpis Tokan Cpis	BMAN PPC Sorter BALDOMADO POCC. Appr. Additional Spr. Addition	BETTEPPC Trans Place Transperc Betteppec	BETTEPPPC BALL SE BALL DEMONSOR FOR Lining Flavoration SETTEPPPC Programs Programs	Barrer PPC You down He Street PPC Barrer PPC Swinds Gg	DALLOW PIPC Description Descri	шти	SETEP PC HITMAN SEAL SPORTS South of September September Section Section September September Section September September Section Section September September Section Section September Section Section September Section Sec	BALLO PRO BASO BASO BASO BASO BASO BASO BASO BAS
	SETTEP FFC BALE COLLEGE FOOL Line Type of First BALE COLLEGE FOOL LINE TYPE BALE FFC From Cyds TO 18:	BETTER P.P.C. Third Japan 104 Beauty P.P.C.	BHANF PYC Service 16 BHANFORMOUS POOL Service 16 BHANF PYC Tring Dygg Ale	EXTERPEC hore flow to EXTERPEC to to	SETTEP FFC Figure 1 BALL DOM: DO FOOL Links Figure 1 BESTEP FFC Figure 1 Figure 1 CLAMBONIAL B AME FFC THE 1 THE 1	BETTER PPC Trivial hung BM ABON BETTER PPC During On	BALLON F.P.C. Dogs.* BALL DON ADD PO CL. Appro. [Sp. mar. p.C. Trial Dury AM 10.306	musisc	BALDONADO POOL Series PPC Series POOL District POOL District PPC Series PPC Series PPC Series PPC Series PPC	BHAME P PC 2550 BALLOO BLACO PO CL BANK B PC Total Surp AM 100
× //	ESTEP N/C Sin O'Clash Man BALDOMADO POOL Lining Figuration ESTEP N/C Sin	SAME PPC Total Ignor 100 A Sign BALLA PPC Transp Cycle Promp Cycle	BMAN PPC Depts BALDOMEO POOL Spec Deffic. BMAN PAC This Dump AM 10.004	surapper long black surapper	ESTEPPPC Note 5 But 0 00000 POOL Links Flavorence SETEPPPC Programme SETEPPC Programme	Detroide S As SPORTS Cycle Carbon House Explorating Describe BERF PFC Test Domp 194 4019 BERF PFC Describe Cy	BHAM PPC Don't for the pool of	umerec L	ESTEP PC OLIVE PC ESTEP PC 400 in Companion Ester Ports Ester Ports Ester PC 100 in Companion Est	Deliver PPC Desired Desired Balloo Ba
P		ESTEP PPC Trial hung Bil Addy ESTEP PPC Deser Cycle Eg ETRAPE RAL EPORTE Cycle Egistell segue	BALLEY FFC Deptid BALDO NADO POOL Apra JURGana DEANY FFC DEANY FFC	SETEPPE Surper SETEPPE		1				

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDA
EVENING CLASS AT BALDONADO POOL START MONDAY AUG. 6, 2018			BETTEP PPC Harris 20-1 Harri	BHAM PPC BALDONADO POOL Separativo de la companya del companya de la companya de la companya del companya de la companya del companya de la companya de la companya de la companya del companya de la companya de la companya de la companya de la companya del companya de	BATTER INC Section BALLDONE DO POOK Set You Being Best Corp., Spigling Batter Inc. BATTER INC. Course Conference Course Conference	SATURDA BHAMPPC Series Bills BALEOHADO PC Apa Beriel in Baleohado Bhampe PPC Britane PPC
42	6 BETER PPC Has O'Con Hear for Best Cong July Ave Best Best Cong July Ave Best Best Cong July Ave Best Cong	THE PROPERTY OF THE PROPERTY O	BETTER PRO No. 10 Proc. BALL DON ADD PO OL No. 10 Proc. Ball DON ADD PO OL Day Place Ball PROC. Day Place Ball PROC. Day Better Proc. Ball Proc. Day Better Proc. Ball Proc. Day Better Companion Day Proc. Ball Proc. Day Better Companion Day Proc. Day Better Proc. Day Bett	BALLEY FFC Depint BALLEY FFC Appropriate Appropriate Appropriate Appropriate Appropriate Appropriate Appropriate Appropriate Appropriate Balley FFC B	ELITED PPC Social BALLDONIE OF POOL Sold Two Clarity Ball Done Committee PPC Committee PPC	BALDONALO DE CAPACION DE CAPAC
	### PROPERTY OF THE PROPERTY O	BAME PAC Depts BALDONALDO POOL Annual Depts BAME PAC Depts Bank Depts Bank PAC De	BETTEP PPC Having Debut Anguilled Having Debut Anguilled HAMD ONDING PROOF Living Tiges affined Affine Tiges of Tiges Living T	BALLO PICC SAME PICC SAME STREET PROCESSAME PICC SAME PI	BATTER PAPE BALL DONAL DO POOCK Gas You Buring Batter Cores Significant BATTER PAPE Constitution Constitutio	BALLO PPC Series Ball Column PC Series Ball Column PC Series Ball PPC Series Ball PPC Series Ball PPC
e	Bottomeric Bot O'Code Hare Bottomeric Francisco Special Ho Living Pitmens or Evening Clauses To day	BHAM FRC Donker Ann. 2015 BALCOHAD FOOL SITE FFC Complete Complet	BALDOMADO POOL Harth Tatas Baldomado Pool Ling Marin Tatas Baldomado Ling Marin Marin Baltor PPC BATTE PPC	BALLO PPC Strike Salboration Pool. Salbor	BATER PEC Soph BALEDONE DO POCK Gain to Being Bat Corp Spirit- Earne Pec Batter Pec	IMAN PPC Series 11 Series 12 Series
GERTISCH PPC	ESTEP FFC Bas O'Cycle H lear Book Corp Type Basing Book Corp Type Book Book Book Corp Type Book Book Corp Type Book Book Corp Type Type Type Book Corp Type Type Book Corp Type Type Type Type Type Book Corp Type Type Type Type Type Type Type Typ	DHAW FRC BALCONL DO FOOL Sorter App. 2015 BALCONLO FOOL App. 2015 BALCONLO FOOL BALCONLO FO	BETTEPPEC BALLOON ADD POOL Having 20th of Anguing 20th BALLOON DOOL Links Pignariand Total Days PIC Links Pignariand Total Day	BALLY FFC Supple Suppl	ST STATE PPC Surrey PPC During To State St	П

SEPTEMBER 2018											
SUNDAY	MON	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		AY	SATURDAY
	3		+				×	PL	ISE		SE ANY PRO- PERSONNEL PROC. Apr. Dept. Proc. SE ANY PRO- De
	No Chen	ess To day	BH Zer PPC Dogstor BALLOON ACO POOL Ages 3000 Photo BHAN PPC Tringfage AM	BALLOOM ADD FOOL August 100 BUTTE FRO Tent 100 BUTTE FRO Ty	S STREPPC Policy Street Policy	MALEONADO POOL Application BITES PRO Total Sugar 100 BITES PRO Total Sugar 100 Sugar PRO Total Sugar 100 Sugar PRO Total Sugar 100 Sugar PRO Total Sugar 100 Sugar 1	BALLOW FIFC Date of BALLOOM ECO FOOL Ling Spinstone Co. BALLO FIFC Test Story AM 1010s	EALDONALDO POOL Aqua Sala ESTER PPC	7 EMBER PPC Switch Switch MALDON ADD PO OL EQUITOR TO TO OL EQUITOR OL Fore Control To Olor To	INTERNATIONAL SPORTS Fog Personal Season Fog serving	MAN POR THE PALL BY THE CHIEF FOR THE
X	HOME PPC HEAD TO June Home To June Home HALL DON ALD PO OL Lining Property Home HOME PPC Transport June Home PPC Transport June Home PPC	BALDONADO PCOL. TOP Vanc Burg. Brothard Beyonder AND POPC BROWN PPC Brothard Committee Brothard Commi	THE DATE OF THE PARTY OF T	MALEONADO POCA App. 30 Pd App. 30 Pd BUTES P PC Town g Row Language PPC Town g Row Town	BETTEP INC. Heath Education BELLOCALIDO POOL Lining Processor ESTRE PROCESSOR OTHER GRADUNELE BALE PROC Lining Bill Compatible BASING TO COMPATIBLE BASING T	BALCOMA DO POOL Japa QUOS 410p BIRES PEC Trail home ON BIRES PAPC Degles	13 SHAWFFC Level In BALDOHAD O POOL Level By Soldier SHAWFFC Total Burg AM TO 15 LOGA CA PPC LOGA CA	BALDOMADO POOL Ages bys 830y 8378 pec 18m² 1y	TA BETTER Total Rate Doctor Total Total Total Total Total Total Total Total	DO FOOL Bridge	BALLO PPC Levid 1370 BALLO PROL App. Dor inf state 150 BALLO PPC Levid
SL	17 BETEPPEC Bus DCjack Mise Bus DCjack Mise Bus DCMADO POOL Linky Types Proc Investigation 10.50s	BALEN ADD POOL Sigh Per State From Proposition STORY PROPERTY BALEN FROM B	BH. DAY PPC Supple BALLOH ALON PO OL. Jays 120 PPC BHALLOH PPC Solid Bury AM Clock Cl	BALTOHADO POOL Angula Mi BURE PAC Iven Bur Iven Bur United PAC Iven Bur Iven Bur Iven Bur Iven Bur	SETTER FOR HER BANK POR LINE B	BALDONA DO POOL Agus GUDE 410p BITES PFC Trail Jung DN 410p BITES PFC Drail	BALLOW MC Served BALLOWING O POOL Line granus Co. BALLOW MAN DOISE	BALDOHADO POOL Ame lain Adop BATTE PEC Tan 4,	ESTEP Service Texts	DO PROOL Build Dough	BANK PPC Down's BASO BASO MARK PROL AND LIGHTHAN ON BASIN PPC BASIN PPC LIGHTHAN ON DO
	BAMP PPC Nas O'Clash Mass	BALDOHADO FOOL TOP No. Both Barbarry Rights 430p	BH AN PPC Domin's to MAL DOM ADD PO OL	BALDONADO POOL Aquados ACEP BUTEP PPC	BETTEPPPC Harris 2 ^{th-1} BALD CHARDO POOL Lising Figure 2 ^{th-1}	BALDONA DO POOL ANGLEJOS BARDER PEC DANGER PEC	EMPONING NOOF	M. LDO HADO POOL Anglish MTM PPC	ENTERPRE	INTERACTION IN CONTR. BS Street Territory Street St	EMINAPEC Extra EMIL COMING POOL
D	Links Pipers Philips Barrer Pipe Town College	Total Sugar Bit an Ampric Bases Carbothina	SHARPPC SHAPPPC Sharp SH 1030s	Barrey P. P.C.	ESTEPPEC Conta 1010a	BAINS INC. Section of the Company of	SHAW MC	15	Copy Tour Surviy Burn Cores Rejundent Copy Copy Burning Proc Tourne Copy (Copy Copy (Copy)	7	Age Devision. Co SHAW PFC Age

JULY 2018

BN Basketball Tournament Mon-Thur/approx. 2 weeks

Treadmill Race Each participant has 5 minutes to run the furthest distance.

Open Kickball Season Mon-Thur/6 weeks

600 Pounds Competition An individual competition where participants will compete in these lifts: powerlift, deadlift, squat and bench press. Whoever is able to lift a 600lbs

aggregate, will be listed in the 600 pound club and receive recognition at the event.

Aquatics Classes

Aqua Living Fitness(******)
Beginner to intermediate. This class focuses on exercises that are pertinent to daily living, balance, strength, endurance and flexibility. We put the FUN in functional This is an "arthritis friendly" class. Shallow water.

Kick Your Booty Boot Camp Style (**)—
This is a boot camp style class. Very energetic
and worthy of the name. This is not your
grandma's aerobics class. Must be comfortable

Aqua GLIDE(Allow) Bring the party to the pool. This class utilizes the

GildeFiT floating fitness system. It will challenge every muscle, improve strength and endurance. Aquatic based stability training at its finest.

Aqua JUMP:

Yes, we have trampolines in the wateri Cardio training just got a whole lot more fun.

Aqua Spin (******)
Although spinning is a group fitness class, your workout is all about you. You control your own resistance level, sprint speed AND you stay cool in the pool.

AUGUST 2018

BN Softball Tournament Mon-Thur/ approx. 2 weeks

Bench Press Competition Each person will have 2 minutes to do as many reps as they can. Males will use 135lbs and females will use 55lbs. Highest number of reps wins.

Concept 2 Rower
This is a distance challenge with 3 rounds
of elimination.

Dumbbell Rep Challenge The goal of this challenge is to do 100 reps in one set.

Fear of the Beast In this competition for individuals you will do the following:1 set-row, 2 sets-35 deadlifts, 3 sets 50 burpees, 4 sets 35 gobble squats, 5 sets 50 mountain climbers, 6 sets 10 swing toes, 7 sets 50 jump squat.

Alpha Warrior Rig Training Camp Every Wednesday

August 15-September 5, 2018 In this free camp, participants will learn different obstacles and techniques in this training course. Complete the entire camp and get the chance to be Fort Campbell Alpha Warrior with a T-shirt and medal

SAVE THE DATE!

Volksmarch Saturday, October 6, 2018

Super Hero 5K/1mlle Saturday, November 17, 2018

SEPTEMBER 2018

Fall BCX

Wednesday, September 5 thru
Friday, October 8, 2018
Estep's BCX program is an intense mix of three major
fibres fundamentals: cardio, strength and agility. They have
created insane track workouts, crazy circuits and more. Build
camaraderia by pushing yourself to the max with others
in the group!

Flag Football Season

Run for the Fallen

A 2.35 and 13 mile non-competitive run to honor our Fallen at Town Center Park. The run will take you past several memorials and highlight the 2018 Boot Display. Strollers are

Doggy Dip

A fun season ending pool party for dogs, including best dressed, cutest and biggest splash. \$3.00 per dog, FREE for humans.

3 Point Shot Basketball Individual participants will have one minute to see who

can make the most 3 point shots from any of the three

Upright Bike Each participant will have 10 minutes to ride the furthest distance.

1000 Pounds Competition An individual competition where participants will compete in these lifts: powerlift, deadlift, squat and bench press. Whoever is able to lift a 1000 bs aggregate, will be listed in

BN Soccer Tournament

Alpha Warrior Rig Training Camp Every Monday September 10-October 1, 2018 See August for event details.

270,798,5350 Noon-6p Daily DVIS elges prime eloste SIVd Baldonado Pool

9001.986/4605.867.072 33 03 Kentucky Ave Morth Complex

270.798.3094/956.1006 5666 Wickham Ave Fryar Stadlum/Perez Fleld

270,461,2294 d4-68 nu2 & 162 M-F 5a-9p 7979 California Rd Shaw PFC

27 0, 798,73 55 data Sun 8a-4p M-F 5a-9p 7037 Toccoa Rd Sabo PFC

OF4.897.07S Sun Closed GP-68 162 M-F 5a-9p bA yelleV usrR A 0eee OIIVE PFC

270.798,5380 dy-e8 uns Sat Closed M-F 5a-9p 6992 Desert Storm Ave Lozada PFC

270,798,9418 Sun Closed 94-68162 M-F53-9p evA ensibn1 SΣ eΣ D 4 d o o luə ll ət el -

270,798,2753 5un 8a-4p Sat Closed M-F 5a-9p 3610 Indiana Ave Gertsch PFC

4994/2204.867.072 Sat & SunClosed M-F 53-9p 2270 Kentucky Ave Estep PFC

270.412.5285 Sat & Sun Closed M-F53-5p 7540 Headquarters Loop Rd CISKKSVIIIG BSSG PFC



JULY, AUGUST & SEPTEMBER 2018 SPORTS, FITNESS & AQUATICS **PROGRAMS**

Fort Campbell, Kentucky



Fort Campbell MWR campbell.armymwr.com Facebook.com/FortCampbellMWR