

JULY 2018

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1	"No Classes on July 4th and no evening classes on July 5th"	<div>ESTEP PFC 8:00-9:00 AM BALDONADO POOL Living Room 10a</div> <div>ESTEP PFC Dinner Cycle 10:30a</div>	<div>ESTEP PFC Total Pump 2H 6:30p</div> <div>SHAW PFC Dinner Cycle 7p</div>	<div>BALDONADO POOL Apex Judo 10a</div> <div>ESTEP PFC Total Pump 2H 10:30a</div> <div>No Class Zeeba Today</div>	<div>ESTEP PFC Nucle 2 8a</div> <div>BALDONADO POOL Living Room 10a</div> <div>ESTEP PFC Dinner Cycle 10:30a</div>	<div>SHAW PFC Dinner 8a</div> <div>BALDONADO POOL Apex Judo 10a</div> <div>SHAW PFC Total Pump 2H 10:30a</div>	<div>ESTEP PFC Dinner 8a</div> <div>BALDONADO POOL Apex Judo 10a</div> <div>ESTEP PFC Dinner 10:30a</div>	<div>SHAW PFC Dinner 8a</div> <div>BALDONADO POOL Apex Judo 10a</div>
8		<div>ESTEP PFC 8:00-9:00 AM BALDONADO POOL Living Room 10a</div> <div>ESTEP PFC Dinner Cycle 10:30a</div>	<div>ESTEP PFC Total Pump 2H 6:30p</div> <div>SHAW PFC Dinner Cycle 7p</div>	<div>ESTEP PFC Nucle 2 8a</div> <div>BALDONADO POOL Living Room 10a</div> <div>ESTEP PFC Dinner Cycle 10:30a</div>	<div>ESTEP PFC Nucle 2 8a</div> <div>BALDONADO POOL Apex Judo 10a</div> <div>SHAW PFC Total Pump 2H 10:30a</div>	<div>ESTEP PFC Dinner 8a</div> <div>BALDONADO POOL High Year Buggy Basketball 10a</div> <div>ESTEP PFC Dinner Cycle 10:30a</div>	<div>ESTEP PFC Dinner 8a</div> <div>BALDONADO POOL Apex Judo 10a</div> <div>SHAW PFC Total Pump 2H 10:30a</div>	<div>SHAW PFC Dinner 8:30a</div> <div>BALDONADO POOL Apex Judo 10a</div> <div>SHAW PFC Total Pump 2H 10:30a</div>
15		<div>ESTEP PFC 8:00-9:00 AM BALDONADO POOL Living Room 10a</div> <div>ESTEP PFC Dinner Cycle 10:30a</div>	<div>ESTEP PFC Total Pump 2H 6:30p</div> <div>SHAW PFC Dinner Cycle 7p</div>	<div>ESTEP PFC Nucle 2 8a</div> <div>BALDONADO POOL Living Room 10a</div> <div>ESTEP PFC Dinner Cycle 10:30a</div>	<div>ESTEP PFC Nucle 2 8a</div> <div>BALDONADO POOL Apex Judo 10a</div> <div>SHAW PFC Total Pump 2H 10:30a</div>	<div>ESTEP PFC Dinner 8a</div> <div>BALDONADO POOL High Year Buggy Basketball 10a</div> <div>ESTEP PFC Dinner Cycle 10:30a</div>	<div>ESTEP PFC Dinner 8a</div> <div>BALDONADO POOL Apex Judo 10a</div> <div>SHAW PFC Total Pump 2H 10:30a</div>	<div>SHAW PFC Dinner 8:30a</div> <div>BALDONADO POOL Apex Judo 10a</div> <div>SHAW PFC Total Pump 2H 10:30a</div>
22		<div>ESTEP PFC 8:00-9:00 AM BALDONADO POOL Living Room 10a</div> <div>ESTEP PFC Dinner Cycle 10:30a</div>	<div>ESTEP PFC Total Pump 2H 6:30p</div> <div>SHAW PFC Dinner Cycle 7p</div>	<div>ESTEP PFC Nucle 2 8a</div> <div>BALDONADO POOL Living Room 10a</div> <div>ESTEP PFC Dinner Cycle 10:30a</div>	<div>ESTEP PFC Nucle 2 8a</div> <div>BALDONADO POOL Apex Judo 10a</div> <div>SHAW PFC Total Pump 2H 10:30a</div>	<div>ESTEP PFC Dinner 8a</div> <div>BALDONADO POOL High Year Buggy Basketball 10a</div> <div>ESTEP PFC Dinner Cycle 10:30a</div>	<div>ESTEP PFC Dinner 8a</div> <div>BALDONADO POOL Apex Judo 10a</div> <div>SHAW PFC Total Pump 2H 10:30a</div>	<div>SHAW PFC Dinner 8:30a</div> <div>BALDONADO POOL Apex Judo 10a</div> <div>SHAW PFC Total Pump 2H 10:30a</div>
29		<div>ESTEP PFC 8:00-9:00 AM BALDONADO POOL Living Room 10a</div> <div>ESTEP PFC Dinner Cycle 10:30a</div>	<div>ESTEP PFC Total Pump 2H 6:30p</div> <div>SHAW PFC Dinner Cycle 7p</div>	<div>ESTEP PFC Nucle 2 8a</div> <div>BALDONADO POOL Living Room 10a</div> <div>ESTEP PFC Dinner Cycle 10:30a</div>	<div>ESTEP PFC Nucle 2 8a</div> <div>BALDONADO POOL Apex Judo 10a</div> <div>SHAW PFC Total Pump 2H 10:30a</div>	<div>ESTEP PFC Dinner 8a</div> <div>BALDONADO POOL High Year Buggy Basketball 10a</div> <div>ESTEP PFC Dinner Cycle 10:30a</div>	<div>ESTEP PFC Dinner 8a</div> <div>BALDONADO POOL Apex Judo 10a</div> <div>SHAW PFC Total Pump 2H 10:30a</div>	<div>SHAW PFC Dinner 8:30a</div> <div>BALDONADO POOL Apex Judo 10a</div> <div>SHAW PFC Total Pump 2H 10:30a</div>

AUGUST 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>EVENING CLASS AT BALDONADO POOL START MONDAY AUG. 6, 2018</div>			<div>1</div> <div><div>ESTEP PFC Month 2/1-1 8a</div><div>BALDONADO POOL Apex SLIDE 8:30p</div><div>BALDONADO POOL Living Fitness/1-1 10a</div><div>ESTEP PFC Coke 10:30a</div></div> <div><div>BALDONADO POOL Apex SLIDE 8:30p</div><div>ESTEP PFC Total Pump HI 8:30p</div><div>ESTEP PFC Dumbell 9p</div></div>	<div>2</div> <div><div>SHAW PFC Dumbell 8a</div><div>BALDONADO POOL Apex Sprint/1-1 8:30p</div><div>BALDONADO POOL Apex Sprint/1-1 10a</div><div>SHAW PFC Total Pump HI 10:30a</div></div> <div><div>SHAW PFC Dumbell 8a</div><div>BALDONADO POOL Apex Sprint/1-1 8:30p</div><div>ESTEP PFC Total Pump HI 8:30p</div><div>ESTEP PFC Dumbell 9p</div></div>	<div>3</div> <div><div>ESTEP PFC Dumbell 8a</div><div>BALDONADO POOL Coke Your Body 8:30p</div><div>BALDONADO POOL Best Camp Expedition/1-1 10a</div><div>ESTEP PFC Power Cardio/1-1 10:30a</div></div>	<div>4</div> <div><div>SHAW PFC Dumbell 8:30a</div><div>BALDONADO POOL Apex Sprint/1-1 10a</div><div>SHAW PFC 8a 10a</div></div>
<div>5</div>	<div>6</div> <div><div>ESTEP PFC Rise OT/Club Hour 8a</div><div>BALDONADO POOL Coke Your Body 8:30p</div><div>BALDONADO POOL Living Fitness/1-1 10a</div><div>ESTEP PFC Power Cardio/1-1 10:30a</div></div> <div><div>BALDONADO POOL Coke Your Body 8:30p</div><div>ESTEP PFC Total Pump HI 8:30p</div><div>SHAW PFC Dumbell 9p</div><div>IMMUNOPHYSICAL SPORTS 88 Individual Tournament Starts at 8:30p Complex 9p</div></div>	<div>7</div> <div><div>SHAW PFC Dumbell 8a</div><div>BALDONADO POOL Apex SLIDE 8:30p</div><div>BALDONADO POOL Apex SLIDE 10a</div><div>SHAW PFC Total Pump HI 10:30a</div></div> <div><div>BALDONADO POOL Apex SLIDE 8:30p</div><div>ESTEP PFC Dumbell 9p</div><div>ESTEP PFC Total Pump HI 8:30p</div></div>	<div>8</div> <div><div>ESTEP PFC Month 2/1-1 8a</div><div>BALDONADO POOL Living Fitness/1-1 10a</div><div>ESTEP PFC Coke 10:30a</div><div>CLA MOBILE BASE PFC Week Area Competition 10:30p</div></div> <div><div>BALDONADO POOL Apex SLIDE 8:30p</div><div>ESTEP PFC Total Pump HI 8:30p</div><div>ESTEP PFC Dumbell 9p</div></div>	<div>9</div> <div><div>SHAW PFC Dumbell 8a</div><div>BALDONADO POOL Apex Sprint/1-1 8:30p</div><div>BALDONADO POOL Apex Sprint/1-1 10a</div><div>SHAW PFC Total Pump HI 10:30a</div></div> <div><div>SHAW PFC Dumbell 8a</div><div>BALDONADO POOL Apex Sprint/1-1 8:30p</div><div>ESTEP PFC Total Pump HI 8:30p</div><div>ESTEP PFC Dumbell 9p</div></div>	<div>10</div> <div><div>ESTEP PFC Dumbell 8a</div><div>BALDONADO POOL Coke Your Body 8:30p</div><div>BALDONADO POOL Best Camp Expedition/1-1 10a</div><div>ESTEP PFC Power Cardio/1-1 10:30a</div></div>	<div>11</div> <div><div>BALDONADO POOL Apex SLIDE 8:30a</div><div>SHAW PFC 8a 10a</div><div>BALDONADO POOL Concept 2 Swim Competition 8:30p</div></div>
<div>12</div>	<div>13</div> <div><div>ESTEP PFC Rise OT/Club Hour 8a</div><div>BALDONADO POOL Coke Your Body 8:30p</div><div>BALDONADO POOL Living Fitness/1-1 10a</div><div>ESTEP PFC Power Cardio/1-1 10:30a</div></div> <div><div>BALDONADO POOL Coke Your Body 8:30p</div><div>ESTEP PFC Total Pump HI 8:30p</div><div>SHAW PFC Dumbell 9p</div></div>	<div>14</div> <div><div>SHAW PFC Dumbell 8a</div><div>BALDONADO POOL Apex SLIDE 8:30p</div><div>BALDONADO POOL Apex SLIDE 10a</div><div>SHAW PFC Total Pump HI 10:30a</div></div> <div><div>BALDONADO POOL Apex SLIDE 8:30p</div><div>ESTEP PFC Dumbell 9p</div><div>ESTEP PFC Total Pump HI 8:30p</div></div>	<div>15</div> <div><div>ESTEP PFC Month 2/1-1 8a</div><div>BALDONADO POOL Living Fitness/1-1 10a</div><div>ESTEP PFC Coke 10:30a</div><div>ESTEP PFC Total Pump HI 8:30p</div></div> <div><div>BALDONADO POOL Apex SLIDE 8:30p</div><div>ESTEP PFC Total Pump HI 8:30p</div><div>PRIZELL PFC Pace of the Beach 8:30p</div></div>	<div>16</div> <div><div>SHAW PFC Dumbell 8a</div><div>BALDONADO POOL Apex Sprint/1-1 8:30p</div><div>BALDONADO POOL Apex Sprint/1-1 10a</div><div>SHAW PFC Total Pump HI 10:30a</div></div> <div><div>SHAW PFC Dumbell 8a</div><div>BALDONADO POOL Apex Sprint/1-1 8:30p</div><div>ESTEP PFC Total Pump HI 8:30p</div><div>ESTEP PFC Dumbell 9p</div></div>	<div>17</div> <div><div>ESTEP PFC Dumbell 8a</div><div>BALDONADO POOL Coke Your Body 8:30p</div><div>BALDONADO POOL Best Camp Expedition/1-1 10a</div><div>ESTEP PFC Power Cardio/1-1 10:30a</div></div>	<div>18</div> <div><div>SHAW PFC Dumbell 8:30a</div><div>BALDONADO POOL Apex Sprint/1-1 10a</div><div>SHAW PFC 8a 10a</div></div>
<div>19</div>	<div>20</div> <div><div>ESTEP PFC Rise OT/Club Hour 8a</div><div>ESTEP PFC Power Cardio/1-1 10:30a</div></div> <div>No Living Fitness or Evening Classes Today</div>	<div>21</div> <div><div>SHAW PFC Dumbell 8a</div><div>BALDONADO POOL Apex SLIDE 8:30p</div><div>BALDONADO POOL Apex SLIDE 10a</div><div>SHAW PFC Total Pump HI 10:30a</div></div> <div><div>BALDONADO POOL Apex SLIDE 8:30p</div><div>ESTEP PFC Dumbell 9p</div><div>ESTEP PFC Total Pump HI 8:30p</div></div>	<div>22</div> <div><div>ESTEP PFC Month 2/1-1 8a</div><div>BALDONADO POOL Living Fitness/1-1 10a</div><div>ESTEP PFC Coke 10:30a</div><div>ESTEP PFC Total Pump HI 8:30p</div></div> <div><div>BALDONADO POOL Apex SLIDE 8:30p</div><div>ESTEP PFC Total Pump HI 8:30p</div><div>ESTEP PFC Dumbell 9p</div></div>	<div>23</div> <div><div>SHAW PFC Dumbell 8a</div><div>BALDONADO POOL Apex Sprint/1-1 8:30p</div><div>BALDONADO POOL Apex Sprint/1-1 10a</div><div>SHAW PFC Total Pump HI 10:30a</div></div> <div><div>SHAW PFC Dumbell 8a</div><div>BALDONADO POOL Apex Sprint/1-1 8:30p</div><div>ESTEP PFC Total Pump HI 8:30p</div><div>ESTEP PFC Dumbell 9p</div></div>	<div>24</div> <div><div>ESTEP PFC Dumbell 8a</div><div>BALDONADO POOL Coke Your Body 8:30p</div><div>BALDONADO POOL Best Camp Expedition/1-1 10a</div><div>ESTEP PFC Power Cardio/1-1 10:30a</div></div>	<div>25</div> <div><div>SHAW PFC Dumbell 8:30a</div><div>BALDONADO POOL Apex Sprint/1-1 10a</div><div>SHAW PFC 8a 10a</div></div>
<div>26</div> <div>GEOTECH PFC Dumbell/1-1 Challenge 11:30p</div>	<div>27</div> <div><div>ESTEP PFC Rise OT/Club Hour 8a</div><div>BALDONADO POOL Coke Your Body 8:30p</div><div>BALDONADO POOL Living Fitness/1-1 10a</div><div>ESTEP PFC Power Cardio/1-1 10:30a</div></div> <div><div>BALDONADO POOL Coke Your Body 8:30p</div><div>ESTEP PFC Total Pump HI 8:30p</div><div>SHAW PFC Dumbell 9p</div></div>	<div>28</div> <div><div>SHAW PFC Dumbell 8a</div><div>BALDONADO POOL Apex SLIDE 8:30p</div><div>BALDONADO POOL Apex SLIDE 10a</div><div>SHAW PFC Total Pump HI 10:30a</div></div> <div><div>BALDONADO POOL Apex SLIDE 8:30p</div><div>ESTEP PFC Dumbell 9p</div><div>ESTEP PFC Total Pump HI 8:30p</div></div>	<div>29</div> <div><div>ESTEP PFC Month 2/1-1 8a</div><div>BALDONADO POOL Living Fitness/1-1 10a</div><div>ESTEP PFC Coke 10:30a</div><div>ESTEP PFC Total Pump HI 8:30p</div></div> <div><div>BALDONADO POOL Apex SLIDE 8:30p</div><div>ESTEP PFC Total Pump HI 8:30p</div><div>ESTEP PFC Dumbell 9p</div></div>	<div>30</div> <div><div>SHAW PFC Dumbell 8a</div><div>BALDONADO POOL Apex Sprint/1-1 8:30p</div><div>BALDONADO POOL Apex Sprint/1-1 10a</div><div>SHAW PFC Total Pump HI 10:30a</div></div> <div><div>SHAW PFC Dumbell 8a</div><div>BALDONADO POOL Apex Sprint/1-1 8:30p</div><div>ESTEP PFC Total Pump HI 8:30p</div><div>ESTEP PFC Dumbell 9p</div></div>	<div>31</div> <div><div>ESTEP PFC Dumbell 8a</div><div>BALDONADO POOL Coke Your Body 8:30p</div><div>BALDONADO POOL Best Camp Expedition/1-1 10a</div><div>ESTEP PFC Power Cardio/1-1 10:30a</div></div> <div>ESTEP PFC Net SC2 Registration Deadline</div>	

SEPTEMBER 2018[illegible]

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^(20min)
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^(30min)
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 in all depths of water.

Aqua GLIDE^(45min)
Bring the party to the pool. This class utilizes the GlideFIT floating fitness system. It will challenge every muscle, improve strength and endurance. Aquatic based stability training at its finest.

Aqua JUMP^(45min)
Yes, we have trampolines in the water! Cardio training just got a whole lot more fun.

Aqua Spin^(45min)
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/1mille
Saturday, November 17, 2018

SEPTEMBER 2018

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

Flag Football Season
Mon-Thur/6 weeks

Run for the Fallen
A 2.35 and 1.3 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 welcomed, but no pets at this event.

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 points along the arch.

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 1000lbs aggregate, will be listed in the 1000 pound club and receive recognition at the event.

BN Soccer Tournament
Mon-Thur/ approx 2 weeks

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

Baldonado Pool
2191 Screaming Eagle Blvd
Noon-6p Daily
270.798.5350

North Complex
3303 Kentucky Ave
270.798.3094/956.1006

Fryar Stadium/Perez Field
5666 Wickham Ave
270.798.3094/956.1006

Shaw PFC
7979 California Rd
M-F 5a-9p
Sat & Sun 8a-4p
270.461.2294

Sabo PFC
7037 Toccoa Rd
M-F 5a-9p
Sat & Sun 8a-4p
270.798.7355

Olive PFC
6990 A Shau Valley Rd
M-F 5a-9p
Sat 8a-4p
Sun Closed
270.798.410

Lozada PFC
6992 Desert Storm Ave
M-F 5a-9p
Sat Closed
Sun 8a-4p
270.798.5380

Fratellinico PFC
3932 Indiana Ave
M-F 5a-9p
Sat 8a-4p
Sun Closed
270.798.9418

Gertsch PFC
3610 Indiana Ave
M-F 5a-9p
Sat Closed
Sun 8a-4p
270.798.2753

Estep PFC
2270 Kentucky Ave
M-F 5a-9p
Sat & Sun closed
270.798.4023/4664

Clarksville Base PFC
7540 Headquarters Loop Rd
M-F 5a-5p
Sat & Sun Closed
270.412.5285



JULY, AUGUST & SEPTEMBER 2018

SPORTS, FITNESS & AQUATICS

PROGRAMS

Fort Campbell, Kentucky



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