

Group Fitness Classes October 2018

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
MORNING	9am Nine O'Clock Mixer 1 - PiYo™ 15 - Country Heat™ 22 - PiYo™ 29 - Bootcamp 10am Living Fitness Marla 1030am Cycle Megan	630am Yoga Adam 9am Zumba® Lena (9 th No Class) 10am Aqua JUMP Debbie 1030am Total Pump AM Amanda	9am Muscle X (45m) Lena (11 th Megan) 10am Living Fitness Marla 1030am Cycle Sean	630am Yoga Adam 9am Zumba® Lena (11 th No Class) 10am Aqua Spin (45m) Marla 1030am Total Pump AM Megan	530am Yoga Holly 10am Zumba® Abigail 10am Kick Your Booty Boot Camp Style Marla 1030am Cycle Sean
LUNCH	12pm Power Pump Megan		12pm Power Pump Megan	12pm PiYo™ Amanda	12pm Power Pump Megan
EVENING	430pm Aqua JUMP Debbie 430pm Total Pump PM Emelia (1 st No Class) 5pm Power Cycle (45m) Linzi 615pm Yoga Holly	430pm Kick Your Booty Boot Camp Style Marla 6pm Spin® Geneva	430pm Aqua Zumba® Abigail 430pm Total Pump PM Emelia 6pm Zumba® Abigail	430pm Aqua Spin (45m) Megan/Amanda 5pm Power Hour Linzi 6pm Spin® Geneva	Aqua Fitness Classes will resume once Gardner Pool reopens. NO CLASSES on Oct. 5 or 8 Happy Halloween! We encourage you to dress up while attending our classes on October 31.
Saturdays					
	6	13	20	27	
	10am Spin® Geneva	830am Zumba® Abigail 10am Aqua Zumba® Abigail 10am Spin® Geneva	830am Zumba® Abigail 10am Aqua GLIDE Amanda 10am Spin® Geneva	830am Halloween Dance Jam Abigail 10am Aqua Zumba® Abigail 10am Spin® Geneva	

- 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.

Location

Estep PFC
 Shaw PFC
 Gardner Indoor Pool

30 day unlimited pass \$30

Class held at Estep \$3
 Class held at Shaw \$3
 Class held at Gardner \$3

- 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 Gardner Indoor Swimming Pool
as well as Group Fitness Class descriptions
can be found on our website at
www.campbell.armymwr.com
under the Recreation tab.