

Group Fitness Classes December 2018

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
MORNING	9am Nine O'Clock Mixer 3 PiYo™ 10 P90X™ 17 Bootcamp 10am Living Fitness Marla 1030am Cycle Megan	9am Boxing 101 Sean 9am Zumba® Lena 10am Aqua JUMP Debbie 1030am Total Pump AM Amanda	9am Muscle X (45m) Lena (26 No Class) 10am Living Fitness Marla 1030am Cycle Sean	9am Zumba® Lena (20 Jaira & 27 No Class) 10am Aqua Spin (45m) Marla 1030am Total Pump AM Megan	9am Boxing 101 Sean 10am Kick Your Booty Boot Camp Style Marla 1030am Cycle Sean
LUNCH	12pm Power Pump Megan		12pm Power Pump Megan	12pm PiYo™ Anna	12pm Power Pump Megan
EVENING	430pm Aqua JUMP (45m) Debbie 430pm Total Pump PM Emelia 5pm Power Cycle (45m) Linzi 6pm Boxing 101 Sean	430pm Kick Your Booty Boot Camp Style Marla 1645 Yoga Holly 6pm Spin® Geneva	430pm Total Pump PM Emelia (26 No Class) 6pm Boxing 101 Sean	430pm Aqua Spin (45m) Megan 5pm Power Hour Linzi 6pm Spin® Geneva	CLOSED December 24, 25, and 31
Saturdays					
	1	8	15	22	29
	10am Spin® Geneva	10am Spin® Geneva	10am Spin® Geneva	No Classes	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

Class held at Estep \$3
Class held at Shaw \$3
Class held at Gardner \$3
30 day unlimited pass \$30



- 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.