


# Group Fitness Classes January 2019

	<b>Mondays</b>	<b>Tuesdays</b>	<b>Wednesdays</b>	<b>Thursdays</b>	<b>Fridays</b>
<b>MORNING</b>	<b>9am Boxing 101</b> Sean <b>10am Living Fitness</b> Marla <b>1030am Mixer</b> 7 PiYo™ 14 P90X™ 21 Boot Camp 28 Insanity™  <b>1030am Cycle</b> Megan	<b>9am Cycle Fusion *New*</b> Sean  <b>9am Zumba®</b> Lena (No Class Jan 7)  <b>10am Aqua JUMP</b> Debbie  <b>1030am Total Pump AM</b> Amanda	<b>9am Muscle X (45m)</b> Lena (No Class Jan 2) <b>10am Living Fitness</b> Marla  <b>1015am Munchkin &amp; Me**Boot Camp *New*</b> Megan/Anna  <b>1030am Cycle</b> Sean	<b>9am P90X™ *New*</b> Amanda  <b>9am Zumba® (KC)</b> Lena (No Class Jan 3)  <b>10am Kickin' It Deep *New*</b> Marla  <b>1030am Total Pump AM</b> Megan	<b>530am Aqua Intervals</b> Debbie/Marla  <b>9am Boxing 101</b> Sean <b>10am Kick Your Booty Boot Camp Style</b> Marla <b>1030am P90X™ *New*</b> Amanda <b>1030am Cycle</b> Sean
<b>LUNCH</b>	<b>12pm Power Pump</b> Megan	<b>12pm PiYo™</b> Anna	<b>12pm Power Pump</b> Megan <b>2pm Boot Camp (KC) *New*</b> Megan	<b>12pm PiYo™</b> Anna	<b>12pm Power Pump</b> Megan
<b>EVENING</b>	<b>430pm Aqua JUMP (45m)</b> Debbie <b>430pm Total Pump PM</b> Emelia <b>5pm Power Cycle (45m)</b> Linzi <b>6pm Boxing 101</b> Sean	<b>430pm Kick Your Booty Boot Camp Style (45m)</b> Marla <b>445pm Yoga</b> Holly <b>6pm Spin®</b> Geneva	<b>430pm Total Pump PM</b> Emelia  <b>6pm Boxing 101</b> Sean	<b>430pm Aqua Spin (45m)</b> Megan  <b>5pm Power Hour</b> Linzi  <b>6pm Spin®</b> Geneva	
<b>Saturdays</b>					
	<b>5</b>	<b>12</b>	<b>19</b>	<b>26</b>	
	<b>830am Yoga</b> Holly <b>10am Aqua Yoga</b> Holly <b>10am Spin®</b> Geneva	<b>10am Spin®</b> Geneva  <b>2pm-4pm New Year, New You (Aquatic Fitness Event)</b>	<b>10am Aqua Glide</b> Megan  <b>10am Spin®</b> Geneva	<b>10am Spin®</b> Geneva	<b>CLOSED January 1, 18 &amp; 21</b>

- All classes and instructors subject to change without notice.
- All classes are 60 minutes unless otherwise specified.
- Admission to classes will not be allowed 15 minutes after class has started.
- **Munchkin & Me Classes** are for children ages 3+ along with their guardian

**Location**  
**Estep PFC**  
**Shaw PFC**  
**Gardner Indoor Pool**  
**"KC" Kids Allowed in Kids Corner**

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