

# Group Fitness Classes March 2019

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<b>MORNING</b>	<b>9am Boxing 101</b> Sean  <b>10am Living Fitness</b> Marla  <b>1030am Stretch &amp; Flow</b> Amanda  <b>1030am Cycle</b> Megan	<b>9am Cycle Fusion</b> Sean  * Zumba® will Return Soon *  <b>10am Aqua Training Camp</b> *New* Debbie  <b>1030am Total Pump AM</b> Amanda	<b>530am Aqua Intervals</b> Debbie/Marla <b>9am Body Sculpt (45m)</b> Amanda <b>10am Living Fitness</b> Marla  <b>1015am Munchkin &amp; Me</b> Megan  <b>1030am Cycle</b> Sean	<b>9am Total Body HIIT</b> Amanda  * Zumba® will Return Soon *  <b>10am Kickin' It Deep</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 MMA Conditioning</b> Amanda <b>1030am Cycle</b> Sean
<b>LUNCH</b>	<b>12pm Power Pump</b> Megan		<b>12pm Power Pump</b> Megan <b>2pm Boot Camp (KC)</b> Megan	<b>12pm Work-Train-Fight Boxing</b> *New* Sean	<b>12pm Power Pump</b> Megan
<b>EVENING</b>	<b>430pm Aqua JUMP (45m)</b> Debbie <b>430pm Total Pump PM</b> Emelia (11 & 25 Megan) <b>5pm Power Cycle (45m)</b> Linzi (No Class March 25) <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 (27 Megan) <b>6pm Boxing 101</b> Sean	<b>430pm Aqua Spin (45m)</b> Megan  <b>5pm Power Hour</b> Linzi (No Class March 21 & 28) <b>6pm Spin®</b> Geneva	<b>430pm Barre *New*</b> Emelia (No Class March 15)   <b>CLOSED</b> <b>MARCH 22</b>
Saturdays					
	2	9	16	23	30
	<b>10am Spin®</b> Geneva	<b>10am Spin®</b> Geneva	<b>10am Kick Your Booty Boot Camp Style (45m)</b> Marla  <b>10am Spin®</b> Geneva	<b>10am Spin®</b> Geneva	<b>10am Aqua Glide</b> Megan

- 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 CLASSES-**

Fitness Class.....	\$3
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



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.army.mwr.com](http://www.campbell.army.mwr.com) under the Recreation tab.

**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 patrons must be age 13+ with an adult or age 16+ to participate.