



## **SPORTS, FITNESS & AQUATICS PROGRAMS**

Fort Campbell, Kentucky



**Fort Campbell MWR**

**[campbell.armymwr.com](http://campbell.armymwr.com)**

**[Facebook.com/FortCampbellMWR](https://Facebook.com/FortCampbellMWR)**

**SHAW PFC**  
 WELLBEATS™ Studio  
 Weight Room  
 Volleyball & Basketball Courts  
 Individual Male & Female Saunas  
 Functional Fitness (Turf Surface)  
 Rock Climbing Wall  
 Indoor Running Track  
 Fitness Classes (Fee)  
 Softball/Football/Soccer Fields  
 (Outdoors)

**GERTSCH PFC**  
 WELLBEATS™  
 Spin Bike Room  
 Cardio Room  
 Weight Room  
 Racquetball Court  
 Co-ed Sauna  
 Peg-Wall

**SABO PFC**  
 Weight Room  
 Free-weight room  
 Volleyball & Basketball Courts  
 Combative Mats  
 Individual Male & Female Saunas  
 Treadmills, Recumbent & Upright Bikes  
 Kettlebells, Bars & Rowing Machines

**ESTEP PFC**  
 Cardio Room  
 Jacuzzi  
 Alpha Warrior Rig  
 Fitness Classes (Fee)  
 Spin Room  
 Sauna

**LOZADA PFC**  
 WELLBEATS™  
 Spin Bike Room  
 Weight Room  
 Basketball Court  
 Racquetball Court  
 Multi-purpose Room

**OLIVE PFC**  
 WELLBEATS™  
 Cardio Room  
 Weight Room  
 Racquetball Court  
 Co-ed Sauna

**CLARKSVILLE BASE PFC**  
 WELLBEATS™  
 Spin Bike Room  
 Cardio Area  
 Weightlifting Area  
 Combative Mats

**FRATELLENICO PFC**  
 WELLBEATS™  
 Spin Bike Room  
 Co-ed Sauna  
 Combative Room  
 TRX Suspension Room  
 Foam Roller Stretch & ABS Room  
 (Functional Fitness) Rogue Equipment

## FITNESS CLASS DESCRIPTIONS

**Total Pump:** Designed and choreographed by our own instructors. Weight training class that strengthens the entire body, regardless of gender. Use free weights, barbells and an aerobic step. Choose your weights based on the exercise and personal goals. 60 minute workout challenges all your major muscle groups using squats, presses, lifts and curls. If you like Body Pump you will love Total Pump!

**Zumba®:** This is a Latin-inspired, dance fitness class that incorporates Latin and international music and dance movement. Fast and slow rhythms tone and sculpt the body. Zumba's theme is "ditch the workout, join the party."

**Indoor Cycle/Spin®:** Using stationary bikes the instructor simulates an outdoor bike ride that may include: traveling on flat roads, climbing hills, sprinting and jumps. In addition to the high caloric burn, the lower body will tone and firm.

**Total Body HIIT:** This is a cardio-based workout that combines the best HIIT and strength moves designed to help you get fit fast! Each high energy workout is packed with cardio drills, plyometrics, and bodyweight strength moves with no weights required. Each exercise is tailored to suit every fitness level.

**Power Cycle:** An intense ride with strong hills, jumps, sprints and runs focused on giving you the strongest ride you can pack into this great 45 minute class.

**Barre:** This class is a choreographed mix of dance, Pilates, yoga and functional training. During this class you will utilize a ballet barre while focusing on small, pulsing movements. You will focus on form, alignment, as well as core engagement. The repetitions will be high and range-of-motion will typically be small. Join us to work on developing lean muscle while improving flexibility, balance, posture, endurance, and muscle definition.

**Bootcamp/Muscle X:** A total-body fitness program that uses gravity against the individual's own body weight as well as a mixture of resistance equipment. This fast-paced workout will have you sweating from circuit to circuit, developing strength, balance, flexibility and core stability.

**Boxing 101:** If you have ever been interested in learning how to really throw a punch, this class is for you. Boxing 101 teaches you basic boxing stance, footwork, and correct punching technique while also building up your stamina, strength, and endurance. This class combines basic boxing fundamentals, plyometrics, and high intensity interval training to boost your heart rate and burn hundreds of calories!

**Yoga:** This is a yoga format eliminating the spiritual to accommodate the fitness oriented individual. You will learn how to breathe while moving from one pose to the next with fluidity and grace. Yoga can lengthen and strengthen the entire body and increase joint mobility.

**Stretch & Flow:** This is a unique combination of Pilates mat exercises, yoga poses, strength conditioning, flexibility and dynamic balance. It is a fast paced, low impact, high energy workout similar to Vinyasa style yoga. Learn movements that elongate muscles, release tension, improve posture, deepen breath, strengthen the core, and visibly improve muscle tone, all while burning calories and improving your mind/body connection.

**Turbo Kick®:** The ultimate cardiovascular challenge that combines movements, patterns and agility training specific to the sport of kickboxing (includes many forms). A high energy class that keeps your feet moving and heart rate revved.

**Power Hour:** This class is designed for the mentally tough! This is a total body strength, cardiovascular, and endurance workout. An array of equipment will be utilized as well as your own bodyweight.

**MMA Conditioning:** This is a mixed martial arts-inspired workout that puts a little hardcore into exercise in a non-contact, high-energy, total-body sculpting class. The workout combines movements from western Boxing, Brazilian Jiu Jitsu, Muay Thai, and more to teach anyone how to move and train like a fighter— with agility, control, balance, and precision.

**COUNTRY HEAT™:** Just like country line dancing, gets everyone out on the dance floor and draws everyone into the group fitness room. Each class is accessible to a wide range of participants, with easy to follow choreography, low impact steps, and moderate steady-state aerobic intensity that can be taken up or down a notch based on each individual's ability. Perfect class for those who are new to exercise, and is ideal for those who work out regularly. It is social, yet doesn't require a partner, and no dance background necessary.

**POUND®:** Is a full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements. POUND® is designed for all fitness levels and transforms drumming into an incredibly effective way to workout.

**Cycle Fusion:** This is a unique combination of high-energy indoor cycling and weight lifting. You'll build strength, gain flexibility and get a heart pumping (and fun) revolutionary workout, all in one class!

**Body Skulpt:** This is a total-body workout that will keep your body guessing and transforming with a variety of strength-training moves, cardio conditioning and core work.

**Munchkin & Me Boot Camp:** Bring your child/children (age 3 and up) for a family fun workout. Boot Camp uses gravity against the individual's own body weight as well as a mixture of resistance equipment.

**Work-Train-Fight Boxing:** This class will not only focus on the offensive aspect of boxing, it will delve further into defense, to include head movement, footwork, counter punching, and blocking. The class will also include cardiovascular exercises, muscle group exercises and additional instructional time to ensure all participants are up to par on proper boxing techniques.

Monthly class schedules are located at: [www.Campbell.ArmyMWR.com](http://www.Campbell.ArmyMWR.com)



## AQUA CLASS DESCRIPTIONS

### **Kick Your Booty Boot Camp Style** <60min>

This is a boot camp style class. Very energetic and worthy of the name. Must be comfortable in all depths of water.

### **Aqua Yoga** <45min>

Yoga, using the **GlideFIT** floating fitness system. All the benefits of yoga combined with stability training

### **Aqua JUMP** <45min>

Yes, we have trampolines in the water! Cardio training just got a whole lot more fun. Shallow water.

### **Aqua Living Fitness** <60min>

Beginner to intermediate. Focuses on exercises that are pertinent to balance, strength, endurance and flexibility. We put the **FUN** in functional. This is an "arthritis friendly" class. Shallow water.

### **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. Shallow water.

### **Aqua GLIDE** <45min>

This class utilizes the **GlideFIT** floating fitness system. It will challenge every muscle, improve strength and endurance. Shallow water up to 5.5 feet.

### **Aqua Zumba**® <45min>

All the fun of a Zumba® class, but staying cool in the water. Shallow water.

### **Aqua Training Camp** <60min>

This aquatic class combines resistance and cardio training, utilizing shallow and/or deep water. Beginner to intermediate.

### **Kickin' It Deep** <60min>

Deep water exercise while wearing a flotation belt, will challenge your entire body. There's no momentum from pushing off the bottom, it's all muscle work. This is an intermediate class.

### **Aqua Intervals** <45min>

Interval workouts are a valuable training format that can help you overcome a plateau. This class will utilize different pieces of equipment, tempos and water depths.

Monthly class schedules are located at: [www.Campbell.ArmyMWR.com](http://www.Campbell.ArmyMWR.com)

**Shaw PFC**

7979 California Rd

M-F 5a-9p

Sat &amp; Sun 8a-4p

DONSA's 10a-6p

270.461.2294

**Gertsch PFC**

3610 Indiana Ave

M-F 5a-9p

Sat Closed

Sun 8a-4p

DONSA's 10a-6p

270.798.2753

**Sabo PFC**

7037 Toccoa Rd

M-F 5a-9p

Sat &amp; Sun 8a-4p

DONSA's 6a-2p

270.798.7355

**Estep PFC**

2270 Kentucky Ave

M-F 5a-9p

Sat &amp; Sun Closed

DONSA's Closed

270.798.4023/4664

**Lozada PFC**

6992 Desert Storm Ave

M-F 5a-9p

Sat Closed

Sun 8a-4p

DONSA's 10a-6p

270.798.5830

**Olive PFC**

6990 A Shau Valley Rd

M-F 5a-9p

Sat 8a-4p

Sun Closed

DONSA's Closed

270.798.4101

**Clarksville Base PFC**

7540 Headquarters Loop Rd

M-F 5a-5p

Sat &amp; Sun Closed

DONSA's Closed

270.412.5285

**Fratellenico PFC**

3932 Indiana Ave

M-F 5a-9p

Sat 8a-4p

Sun Closed

DONSA's Closed

270.798.9418

**Fryar Stadium/Perez Field  
Sports Office/Intramurals**

5666 Wickham Ave

270.798.3094/956.1006

**Gardner Indoor Pool**

2191 Kentucky Ave.

M-F 5a-6:30a, 11a-1p &amp; 3:30p-5:30p

Sat 11a-5p

Sun Closed

DONSA's Closed

270.798.6310

Check our website or Facebook for Holiday Schedules at: [www.Campbell.ArmyMWR.com](http://www.Campbell.ArmyMWR.com)

Updated 03/19