

Group Fitness Classes April 2019

Mondays		Tuesdays		Wednesdays		Thursdays		Fridays	
MORNING	9am Boxing 101 Sean	9am Cycle Fusion Sean	530am Aqua Intervals Debbie/Marla	9am Body Sculpt Amanda	530am Aqua Intervals Debbie/Marla				
	10am Living Fitness Marla	9am Zumba® (KC) Lena (16 Lanora, 23 Jaira)	9am Muscle X (45m) Lena	9am Zumba® (KC) Lena	9am Boxing 101 Sean				
	1030am Stretch & Flow Amanda	10am Aqua Training Camp Debbie	10am Living Fitness Marla	10am Kickin' It Deep Marla	10am Kick Your Booty Boot Camp Style Marla				
	1030am Cycle Megan	1030am Total Pump AM Amanda	1015am Munchkin & Me Megan	1030am Total Pump AM Megan	1030am MMA Conditioning Amanda				
LUNCH	12pm Power Pump Megan		12pm Power Pump Megan (No Class April 17)	12pm Work-Train-Fight Boxing Sean	12pm Power Pump Megan				
			2pm Boot Camp (KC) Megan (No Class April 17)						
EVENING	430pm Aqua JUMP (45m) Debbie	430pm Kick Your Booty Boot Camp Style (45m) Marla	430pm Aqua MMA Cond. (45m) Amanda	430pm Aqua Spin (45m) Megan	430pm Barre Emelia				
	430pm Total Pump PM Emelia (8, 15, 22 Megan)	445pm Yoga Holly (No Class April 2)	430pm Total Pump PM Emelia (24 Megan)	5pm Power Hour Linzi (No Class April 11)	CLOSED APRIL 19				
	5pm Power Cycle (45m) Linzi (No Class April 1)								
	6pm Boxing 101 Sean	6pm Spin® Geneva	6pm Boxing 101 Sean	6pm Spin® Geneva					
Saturdays									
6		13		20		27			
10am Spin® Geneva		10am Spin® Geneva		10am Spin® Geneva		10am Spin® Geneva			
10am Aqua Glide Amanda		10am Aqua Glide Megan				10am Aqua Cardio Kickboxing Amanda			

- 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 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.