

Group Fitness Classes May 2019

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	
MORNING	9am Boxing 101 Sean 10am Living Fitness Marla 1030am Stretch & Flow Amanda 1030am Cycle Megan	9am Cycle Fusion Sean 9am Zumba® (KC) Lena 10am Aqua Training Camp Debbie 1030am Total Pump AM Amanda	9am Muscle X (45m) Lena 10am Living Fitness Marla 1015am Munchkin & Me (KC) Megan 1030am Cycle Sean	9am Body Sculpt Amanda 9am Zumba® (KC) Lena 10am Kickin' It Deep Debbie 1030am Total Pump AM Megan	9am Boxing 101 Sean 10am Kick Your Booty Boot Camp Style Marla 1030am MMA Conditioning Amanda 1030am Cycle Sean	
LUNCH	12pm Power Pump Megan 130pm Zumba® (KC) Lanora	12pm Boot Camp Sean	12pm Power Pump Megan 130pm Zumba® (KC) Lanora	12pm Boot Camp Sean	12pm Power Pump Megan 130pm Zumba® (KC) Lanora	
EVENING	430pm Kick Your Booty Boot Camp Style (45m) Marla 430pm Total Pump PM Emelia 5pm Power Cycle (45m) Linzi 6pm Boxing 101 Sean	430pm Aqua Jump (45m) Debbie 445pm Yoga Holly 6pm Spin® Geneva (7, 14 Sean)	430pm Aqua MMA Cond. (45m) Amanda 430pm Total Pump PM Emelia 6pm Boxing 101 Sean	430pm Aqua Spin (45m) Megan 5pm Power Hour Linzi 6pm Spin® Geneva (9,16, 30 Sean)	<p style="text-align: center;">CLOSED May 24 & 27</p>	
Saturdays						
	4	11	18	25		
	830am Boxing 101 (KC) Sean 10am Zumba® Lanora 10am Spin® Geneva	830am Boxing 101 (KC) Sean 9am TRX® Linzi	10am Total Body HIIT Amanda 1030am Spin® Sean	830am Boxing 101 (KC) Sean 1030am Spin® Sean	830am Boxing 101 (KC) Sean 10am Spin® Geneva	10am Cardio Kickboxing Amanda 1030am Spin® Sean

- 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

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.



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.