

Group Fitness Classes May 2019

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



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.