

# Group Fitness Classes June 2019

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
MORNING	9am Boxing 101 (KC) Sean	9am Cycle Fusion Sean	9am Muscle X (45m) (KC) Lena	9am Cardio Kickboxing Amanda	9am Boxing 101 (KC) 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 (KC) Amanda (No Class June 10)	10am Aqua Training Camp Debbie	1015am Munchkin & Me (KC) Megan	10am Kickin' It Deep Debbie	1030am Body Sculpt (KC) 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 Total Pump PM Sean		430pm Barre Emelia
	430pm Total Pump PM Megan	430pm Barre Emelia 445pm Yoga Holly 6pm Spin® Geneva	6pm Boxing 101 (KC) Sean	6pm Spin® Geneva	CLOSED June 14
Saturdays					
	1	8	15	22	29
	830am Boxing 101 (KC) Sean 10am Spin® Geneva 10am Total Pump Amanda 1030am Spin® Sean	830am Boxing 101 (KC) Sean 10am Spin® Geneva 10am R.I.P.P.E.D. Linzi 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	830am Boxing 101 (KC) Sean 10am Spin® Geneva 10am R.I.P.P.E.D. Linzi 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

Baldonado Outdoor Pool

"KC" Kids Allowed in Kids Corner

Class held at Estep \$3

Class held at Shaw \$3

Class held at Gardner \$3

Class held at Baldonado \$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.