

Group Fitness Classes July 2019

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
MORNING	545am Express Yoga(45m) *New* Holly 9am Boxing 101 (KC) Sean 10am Living Fitness Marla 1030am Stretch & Flow (KC) Amanda 1030am Cycle Megan	9am Cycle Fusion Sean 10am Aqua Training Camp Debbie 1030am Total Pump AM Amanda (Megan 9)	9am Muscle X (45m) (KC) Amanda (No Class July 10) 10am Living Fitness Marla 1015am Munchkin & Me (KC) Megan 1030am Cycle Sean	 10am Kickin' It Deep Debbie 1030am Total Pump AM Megan	9am Boxing 101 (KC) Sean 10am Living Fitness Marla 1030am Body Sculpt (KC) Amanda 1030am Cycle Sean
LUNCH	12pm Power Pump (KC) Megan 130pm Zumba® (KC) Lanora	12pm Boot Camp (KC) Sean	12pm Power Pump (KC) Megan 130pm Zumba® (KC) Lanora	12pm Boot Camp (KC) Sean	12pm Power Pump (KC) Megan 130pm Zumba® (KC) Lanora
EVENING	430pm Kick Your Booty Boot Camp Style (45m) Marla 430pm Total Pump PM Megan	430pm Aqua Jump (45m) Debbie 445pm Yoga Holly (No Class July 2) 6pm Spin® Geneva	430pm Total Pump PM Sean 6pm Boxing 101 (KC) Sean	430pm Aqua Spin (45m) Emily 6pm Spin® Geneva	<p style="text-align: center;">CLOSED July 4 & 5</p>
Saturdays					
	6	13	20	27	
	830am Boxing 101 (KC) Sean 10am Spin® Geneva 10am MMA Conditioning (KC) Amanda 1030am Spin® Sean	830am Boxing 101 (KC) Sean 10am Spin® Geneva 1030am Spin® Sean 11am GlideFIT (45m) Emily	830am Boxing 101 (KC) Sean 10am Stretch & Flow (KC) Amanda 1030am Spin® Sean	830am Boxing 101 (KC) Sean 10am Spin® Geneva 1030am Spin® Sean 11am GlideFIT (45m) Emily	

- 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 Fitness Class Pass.....	\$30

-PERSONAL TRAINING-

1- 30 Minute Session.....	\$30
3 – 30 Minute Sessions.....	\$75
1-60 Minute Session.....	\$40
1-60 Minute Buddy PT.....	\$50
3-1 Hour Sessions.....	\$105
6-1 Hour Sessions.....	\$180

-MISCELLANEOUS FEES-

Unit Room Rental.....	\$20
Unit Room Rental with MWR Instructor.....	\$40
Unit Offsite PT with MWR Instructor.....	\$50



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.