

Group Fitness Classes November 2019

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
MORNING	9am Boxing 101 (KC) Sean 9am Hip-Hop Fitness Lanora 10am Aqua FIT Marla (No Class 25 November) 1030am Cycle Sean	9am Boot Camp (Weight Room) Sean 9am Zumba® (KC) Lena 10am Cardio Blast Debbie (No Class 26 November) 1030am Total Pump AM Sean	9am Muscle X (45m) (KC) Lena 10am Aqua FIT Marla (No Class 27 November) 1030am Cycle Sean	9am Zumba® (KC) Lena 10am Cardio Blast Debbie 1030am Total Pump AM Sean	9am Boxing 101 (KC) Sean 10am Anything Goes Friday Marla 1030am Cycle Sean
MID DAY	12pm Power Pump (KC) Sean			12pm Boot Camp (KC) Sean	12pm Power Pump (KC) Sean
EVENING	430pm Total Pump PM Sean 6pm Zumba® (KC) Carla	445pm Yoga Holly (No Class 12 November) 530pm Barre Emelia 6pm Cycle Sean 630pm Hip-Hop Fitness Lanora	430pm Total Pump PM Sean 6pm Boxing 101 (KC) Sean 630pm Hip-Hop Fitness Lanora	6pm Cycle Sean	CLOSED November 8, 11, 28 & 29
Saturdays					
	2	9	16	23	**Important Notice**
	830am Boxing 101 (KC) Sean 9am Hip-Hop Fitness Lanora 10am Cycle Sean	830am Boxing 101 (KC) Sean 9am Hip-Hop Fitness Lanora 10am Cycle Sean	830am Boxing 101 (KC) Sean 9am Hip-Hop Fitness Lanora 10am Cycle Sean	830am Boxing 101 (KC) Sean 9am Hip-Hop Fitness Lanora 10am Cycle Sean	Patrons may no longer check in for classes more than five minutes after the class is scheduled to begin.

- All classes and instructors subject to change without notice.
- All classes are 60 minutes unless otherwise specified.
- Admission to classes will not be allowed **5** minutes after class has started.
- There MUST be at least **3** participants in order for each class to be conducted.

Location

Estep PFC

Shaw PFC

Gardner Indoor Pool

"KC" Kids Allowed in Kids Corner

Individual Class at each facility \$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 Aqua Aerobics PT with MWR Instructor.....	\$40
Unit Offsite PT with MWR Instructor.....	\$50

Class options are available at the front desk of Estep PFC. Aqua Aerobics PT is limited to 30 participants and will only be available Thursdays and Fridays (6:30am-7:30am).



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.