

Group Fitness Classes January 2020

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
MORNING	9am Boxing 101 (KC) Sean	9am **Tabata** Katie	9am W.O.D. (Workout of the Day) (KC) Sean	9am **Tabata** Katie	9am Boxing 101 (KC) Sean
	10am Aqua FIT Marla	9am Boot Camp (Weight Room) Sean	10am Aqua FIT Marla	9am Zumba® (KC) Carla	10am Anything Goes Friday Marla (No Class 3 Jan)
	10am **TRX® (Rig)** Katie	10am Power 60 Debbie	10am **TRX® (Rig)** Katie	10am Power 60 Marla (No Class 2 Jan)	10am **TRX® (Rig)** Katie
	1030am Cycle Sean	1030am Total Pump (KC) Sean	1030am Cycle Sean	1030am Total Pump (KC) Sean	1030am Cycle Sean
MID DAY	12pm Power Pump (KC) Sean			12pm Boot Camp (KC) Sean	12pm Power Pump (KC) Sean
EVENING	6pm Zumba® (KC) Carla	530pm Barre Emelia	630pm Hip-Hop Fitness Lanora		430pm Zumba® (KC) Angie
		630pm Hip-Hop Fitness Lanora			*No Classes* January 1, 17 & 20
Saturdays					
	4	11	18	25	
	Day of Renewal 830am-1130am Multiple Classes, Multiple Instructors! Come join us for a Saturday morning full of multiple mini fitness classes! This is a great FREE opportunity to meet our fantastic instructors and try out a variety of fitness classes offered by MWR.	830am Cycle Sean Fort Campbell Race Series 2020 Polar Bear Run and Plunge 10am 1 Mile Fun Run 1015am 5K	830am Boxing 101 (KC) Sean 10am Cycle Sean	830am Boxing 101 (KC) Sean 10am Cycle Sean	**Newly Added Classes**

- All classes and instructors subject to change without notice.
- All classes are 60 minutes unless otherwise specified.
- Admission to land 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.