# **Group Fitness Classes February 2020**

Mondays		Tuesdays		Wednesdays		Thursdays	Fric	lays
9am Boxing 101 (KC) Sean		9am Tabata (45min) (KC) Katie		9am W.O.D. (Workout of the Day) (KC) Sean		9am Tabata (45min) Katie	9am Boxing 101 Sean	(KC)
Image: NING 10am Aqua FIT Marla 9am Boot Camp (Weight Row Sean   10am TRX® (Rig) Katie 10am Power 60 Debbie   1030am Cycle Sean 1030am Total Pump (KC) Sean		om)	<b>10am Aqua FIT</b> Marla		9am Zumba® (KC) Carla	<b>10am Anything</b> Marla	Goes Friday	
			Debbie Katie			10am Power 60 Marla	<b>10am TRX</b> ® (Rig Katie	3)
					<b>1030am Total Pump (KC)</b> Sean		1030am Cycle Sean	
						12pm Boot Camp (KC) Sean	12pm Body Scu Amanda	llpt <mark>(KC)</mark>
6pm Zumba® (KC)   530pm Barre     Carla   Emelia     630pm Hip-Hop Fitness   Lanora		630pm Hip-Hop Fitness Lanora					asses*	
				Saturdays				
1		8		15		22	29	
n 830am Cycle Sean		830a	830am Boxing 101 (KC) Sean		<b>m Boxing 101 (KC)</b> Sean	830am Boxing 101 Sean	(KC)	
Sean		Cupid Shuffle 10am 1 Mile Fun Run 1015am 5K 1030		Sean Zumba® (KC) 1030 2		n <b>Cycle</b> Sean	<b>10am Cycle</b> Sean	It's Coming
						Zumba® (KC) Angie	1030 Zumba® (KC) Angie	
•		-	1	Location Estep PFC	1	Individual Class at ea	hch facility \$3	
-	Sean 10am Aqua FIT Marla 10am TRX® (Rig) Katie 1030am Cycle Sean 6pm Zumba® (KC) Carla 1 ing 101 (KC) and instructors subject are 60 minutes unless	Sean 10am Aqua FIT Marla 10am TRX® (Rig) Katie 1030am Cycle Sean 6pm Zumba® (KC) Carla 6pm Zumba® (KC) Carla 6pm Zumba® (KC) Carla 6pm Zumba® (KC) Carla 6pm Zumba® (KC) Carla 6pm Zumba® (KC) Carla 6pm Zumba® (KC) Carla	Sean   Katie     10am Aqua FIT Marla   9am Boot Camp (Weight Ro Sean     10am TRX® (Rig) Katie   10am Power 60 Debbie     1030am Cycle Sean   1030am Total Pump (KC) Sean     6pm Zumba® (KC) Carla   530pm Barre Emelia 630pm Hip-Hop Fitness Lanora     1   8     ing 101 (KC)   830am Cycle Sean     a@ (KC)   Fort Campbell Race Series 2020 Cupid Shuffle 10am 1 Mile Fun Run 1015am 5K     and instructors subject to change without notice. are 60 minutes unless otherwise specified.	Sean   Katie     10am Aqua FIT Maria   9am Boot Camp (Weight Room) Sean     10am TRX® (Rig) Katie   10am Power 60 Debbie     1030am Cycle Sean   1030am Total Pump (KC) Sean     6pm Zumba® (KC) Carla   530pm Barre Emelia     630pm Hip-Hop Fitness Lanora   830am Cycle Sean     1   8     ing 101 (KC)   830am Cycle Sean     a@ (KC)   Fort Campbell Race Series 2020 Cupid Shuffle 10am 1 Mile Fun Run 1015am 5K     and instructors subject to change without notice. are 60 minutes unless otherwise specified.	9am Boxing 101 (KC) Sean 9am Tabata (45min) (KC) Katie Day) (KC) Sean   10am Aqua FIT Maria 9am Boot Camp (Weight Room) Sean 10am Aqua FIT Maria   10am TRX® (Rig) Katie 10am Power 60 Debbie 10am TRX® (Rig) Katie   1030am Cycle Sean 10am Total Pump (KC) Sean 1030am Cycle Sean   58an 1030am Total Pump (KC) Sean 1030am Cycle Sean   6pm Zumba® (KC) Carla 530pm Barre Emelia 630pm Hip-Hop Fitness Lanora   630pm Hip-Hop Fitness Lanora 530pm Barre Emelia 630pm Hip-Hop Fitness Lanora   1 8 15   10am Cycle Sean 10am Cycle Sean 830am Boxing 101 (KC) Sean   1 8 15   ing 101 (KC) 830am Cycle Sean 830am Boxing 101 (KC) Sean   a@ (KC) Fort Campbell Race Series 2020 Cupid Shuffle 10am 1 Mile Fun Run 1015am 5K 10am Cycle Sean   and instructors subject to change without notice. Location Location	9am Boxing 101 (KC) Sean 9am Tabata (45min) (KC) Katie Day) (KC) Sean   10am Aqua FIT Marta 9am Boot Camp (Weight Room) Sean 10am Aqua FIT Marta   10am TRX® (Rig) Katie 10am Power 60 Debbie 10am TRX® (Rig) Katie   1030am Cycle Sean 1030am Total Pump (KC) Sean 1030am Cycle Sean   6pm Zumba® (KC) Carta 530pm Barre Emelia   6pm Zumba® (KC) Carta 530pm Barre Emelia   630pm Hip-Hop Fitness Lanora 630pm Hip-Hop Fitness Lanora   1 8   1 8   6am 101 (KC) Carta 830am Cycle Sean   1 8   6am 101 (KC) Carta 830am Cycle Sean   1 8   1 10am 2   1 10am 2	Sam Boxing 101 (KC) Sean Sam Tabata (45min) (KC) Katie Day) (KC) Sean Sam Tabata (45min) Sean   10am Aqua FIT Maria Sam Box Camp (Weight Room) Sean 10am Aqua FIT Maria Sam Tabata (45min) Katie   10am TRX® (Rig) Katie 10am Power 60 Debbie 10am TRX® (Rig) Katie 10am Power 60 Maria 10am TRX® (Rig) Katie 10am Total Pump (KC) Sean 1030am Cycle 1030am Total Pump (KC) Sean 12pm Boot Camp (KC) Sean   6pm Zumba® (KC) Carla 530pm Barre Emelia 630pm Hip-Hop Fitness Lanora 12pm Boot Camp (KC) Sean 22   1 8 15 22   1 8 30am Cycle Sean 830am Boxing 101 (KC) Sean Sean   2 10am Cycle Sean 10am Cycle Sean Sean   3 80am Total Pump I Sean 10am Cycle Sean Sean   4 1 810am Boxing 101 (KC) Sean Sean   1 810am Str 10am Cycle Sean Sean   1 1015am SK 1030 Zumba@ (KC) Angie 1030 Zumba@ (KC) Angie	9am Boxing 101 (KC) Sean 9am Tabata (45min) (KC) Katie Day) (KC) Sean 9am Tabata (45min) Katie 9am Boxing 101 Katie 9am Tabata (45min) Katie 9am Boxing 101 Katie   10am Aqua FIT Maria 9am Boxing 101 (KC) 9am Boxing 101 Katie 10am Aqua FIT Maria 9am Zumba@ (KC) Caria 10am Anything Maria   10am TRX@ (Rig) Katie 10am Power 60 Debbie 10am TRX@ (Rig) Katie 10am Total Pump (KC) Sean 10am TRX@ (Rig) Katie 10am Total Pump (KC) Sean 1030am Cycle Sean 1030am Cycle Sean 1030am Cycle Sean 1030am Cycle Sean 1030am Cycle Sean 1030am Cycle Sean 12pm Boot Camp (KC) Sean 1300am Boxing 101 (KC) Sean 1300am Boxing 101 (KC) Sean 10am Cycle Sean 10am Cycle Sean 10am Cycle Sean 10am Cycle Sean 10au Cycle

- There MUST be at least <u>3</u> participants in order for each class to be conducted.

**Gardner Indoor Pool** 

"KC" Kids Allowed in Kids Corner



## <u>FEES</u>

#### -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	
3-1 Hour Sessions.	
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<sup>®</sup> 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.