


# Wild N Out November 2020

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
MORNING	9:00 AM Boot Camp (60 min) Fryar Stadium Kari	10:30 AM Boot Camp (60 min) Estep PFC Etana	9:00 AM Boot Camp (60 min) Estep PFC Kari	10:30 AM Boot Camp (60 min) Estep PFC Etana	9:00 AM Boot Camp (60 min) Fryar Stadium Kari
MID DAY					
EVENING					

November 3, 2020	November 6, 2020	November 11, 2020	November 26 and 27, 2020	
Class canceled 10:30 AM Boot Camp Estep PFC	DONSA / No Classes	Holiday/ No Classes	DONSA / Holiday No Classes	

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

Location  
Estep PFC  
Shaw PFC  
Fryar Stadium

Register in advance online @  
<http://webtrac.mwr.army.mil>  
Individual Class at each facility \$5  
30 day unlimited pass \$40



## FEES

### **-FITNESS CLASSES-**

Fitness Class.....	\$5
Unlimited 30 Day Fitness Class Pass.....	\$40

### **-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](http://www.campbell.army.mwr.com)

**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.