

GROUP FITNESS: SMITH FITNESS CENTER FEBRUARY CLASS SCHEDULE

FEE PER
CLASS: \$3

ASK ABOUT OUR
PERSONAL FITNESS TRAINER!

MONTHLY
PASS: \$30

Time/Day:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>MORNING CLASSES</i>						
6:30 a.m.		POWER UP: with Candi <i>(Studio 1)</i>		POWER UP: with Candi <i>(Studio 1)</i>	RECOVER AND STRETCH: with Jamie <i>(Studio 1)</i>	
9 a.m.						
10 a.m.	ZUMBA STEP: with Ivonne <i>(Studio 1)</i>	ZUMBA: with Alicia <i>(Studio 1)</i>	ZUMBA: with Alicia <i>(Studio 1)</i>	ZUMBA TONING: with Ivonne <i>(Studio 1)</i>		
11:30 a.m.		LUNCH CRUNCH (30): with Jamie <i>(Studio 1)</i>		EX-PRESS (30): with Jamie <i>(Studio 1)</i>		
<i>AFTERNOON CLASSES</i>						
12 p.m.						YOGA: with Becky <i>(Yoga Studio)</i>
4:30 p.m.	ZUMBA: with Grace <i>(Studio 1)</i>					
5 p.m.						
5:30 p.m.	BOOTCAMP: with Coach Thomas <i>(Studio 1)</i>	ZUMBA: with Ismariela <i>(Studio 1)</i>		BOXING: with Coach Thomas <i>(Studio 1)</i>		
<i>EVENING CLASSES</i>						
6 p.m.		YOGA: with Becky <i>(Yoga Studio)</i>	> BIKES'N'BANDS: with Dee <i>(Studio 2)</i> > YOGA: with Becky <i>(Yoga Studio)</i>			
6:30 p.m.				ZUMBA: with Ismariela <i>(Studio 1)</i> <i>*starts at 6:40 p.m.</i>		



MWR Fitness Coordinator:
Jamie Milburn
Smith Fitness Center
Building 2874
6835 Ralph Pucket PKWY.
706-545-4388
U.S. ARMY



SCHEDULE SUBJECT TO CHANGE;
UPDATED: 1/29/2025

WWW.FACEBOOK.COM/FTMOOREFITNESS
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GROUP FITNESS:

Audie Murphy Athletic Performance Center Whittington High Performance Center

FEBRUARY CLASS SCHEDULE

FEE PER CLASS: \$3

MONTHLY PASS: \$30

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AUDIE MURPHY ATHLETIC PERFORMANCE CENTER

Time/Day:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30 a.m.	<i>no classes scheduled for the month</i>				
11:30 a.m.	<i>no classes scheduled for the month</i>				

WHITTINGTON HIGH PERFORMANCE CENTER

Time/Day:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30 a.m.	BOXING Coach Thomas			BOXING Coach Thomas	BOXING Coach Thomas

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Audie Murphy Athletic Performance Center
Building 2818
6561 Way Street
Fort Moore, GA 31905
706-545-1940

Whittington High Performance Center
Building 4303
7098 Old Cusseta Highway
Fort Moore, GA 31905
706-544-7528



MWR Fitness Coordinator:
JAMIE MILBURN
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UPDATED: 1/29/2025