

GROUP FITNESS: SMITH FITNESS CENTER

NOVEMBER CLASS SCHEDULE

FEE PER CLASS: \$3;
SAVE BIG!
MONTHLY PASS: \$25

-> PLEASE NOTE: THE NOVEMBER CLASS SCHEDULE FOR THANKSGIVING WEEK, NOVEMBER 24 - 30, WILL CHANGE; CHECK BACK WITH US FOR AN UPDATED SCHEDULE!

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.						HIIT: with Vilma <i>(Studio 2)</i>
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>				
<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.		ZUMBA: with Ismariela <i>(Studio 1)</i>			HIIT: with Vilma <i>(Studio 2)</i>	
5:30 p.m.	BOOTCAMP: with Coach Thomas <i>(Studio 1)</i>		BIKES AND BANDS: with Dee <i>(Studio 2)</i> <i>*time subject to change</i>	BOXING: with Coach Thomas <i>(Studio 1)</i>		
<i>EVENING CLASSES</i>						
6 p.m.		YOGA: with Becky <i>(Yoga Studio)</i>	YOGA: with Becky <i>(Yoga Studio)</i>			
6:30 p.m.			TURN-UP: with Alexis <i>(Studio 1)</i>	ZUMBA: with Ismariela <i>(Studio 1)</i> <i>*starts at 6:40 p.m.</i>		



WWW.FACEBOOK.COM/FTMOOREFITNESS
FOLLOW US FOR UPDATES!



MWR Fitness Coordinator:
Jamie Milburn

Smith Fitness Center
Building 2874
6835 Ralph Puckett PKWY.
706-545-4388

SCHEDULE SUBJECT TO CHANGE;
UPDATED: 10/25/2024



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Audie Murphy Athletic Performance Center Whittington High Performance Center **NOVEMBER CLASS SCHEDULE**

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



Follow us on facebook for updates, class information, and all other Fitness News!
'Fort Moore Fitness Classes' or scan the QR code!

WWW.FACEBOOK.COM/FTMOOREFITNESS

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: 10/25/2024