

GROUP FITNESS: SMITH FITNESS CENTER

JULY 1 - 31 CLASS SCHEDULE

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



Time/Day:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>MORNING CLASSES</i>						
6:30 a.m.		POWER UP: with Candi <i>(Studio 1)</i>	BOXING: with Coach Thomas <i>(Studio 1)</i>	POWER UP: with Candi <i>(Studio 1)</i>	RECOVER AND STRETCH: with Jamie <i>(Studio 1)</i>	
9 a.m.						ZUMBA: with Grace <i>(Studio 2)</i>
9:30 a.m.	TURN-UP: with Alexis <i>(Studio 1)</i>					TURN-UP: with Alexis <i>(Studio 1)</i>
10 a.m.		ZUMBA: with Alicia <i>(Studio 1)</i>	ZUMBA: with Alicia <i>(Studio 1)</i>	ZUMBA: with Ismariela <i>(Studio 1)</i>	TURN-UP: with Alexis <i>(Studio 1)</i>	
10:30 a.m.	ZUMBA: with Ismariela <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>
5 p.m.			HIIT: with Coach Thomas <i>(Studio 1)</i>			
5:30 p.m.	BOOTCAMP: with Coach Thomas <i>(Studio 1)</i>	METABOLIC TRAINING METHODS: with Ashley <i>(Studio 1)</i>	BIKES AND BANDS: with Dee <i>(Studio 2)</i>	BOXING: with Coach Thomas <i>(Studio 1)</i>	METABOLIC TRAINING METHODS: with Ashley <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.		ZUMBA: with Ismariela <i>(Studio 1)</i> <i>*starts at 6:40 a.m.</i>	TURN-UP: with Alexis <i>(Studio 1)</i>	ZUMBA: with Ismariela <i>(Studio 1)</i> <i>*starts at 6:40 a.m.</i>		



We need your Input!
Please scan the QR code and complete a 3 minute Fitness Survey!
Help us to improve our current Fitness Class Schedule to better meet your needs! Your feedback is greatly appreciated and needed! Thank you!



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

SCHEDULE SUBJECT TO CHANGE;
 UPDATED: 6/24/2024

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GROUP FITNESS:

Audie Murphy Athletic Performance Center Whittington High Performance Center

JULY 1 - 31 CLASS SCHEDULE



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

AUDIE MURPHY ATHLETIC PERFORMANCE CENTER

Time/Day:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30 a.m.	<i>no classes scheduled in July</i>				
11:30 a.m.	<i>no classes scheduled in July</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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Help us to improve our current Fitness Class Schedule to better meet your needs! Your feedback is greatly appreciated and needed! Thank you!

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
jamie.m.milburn.naf@army.mil



SCHEDULE SUBJECT TO CHANGE;
UPDATED: 6/24/2024