

# GROUP FITNESS: SMITH FITNESS CENTER

## AUGUST 1 - 31 CLASS SCHEDULE

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

Time/Day:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>MORNING CLASSES</b>						
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> <i>*starts at 9:15 a.m.</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 Ivonne <i>(Studio 1)</i>	TURN-UP: with Alexis <i>(Studio 1)</i>	
10:30 a.m.	ZUMBA: with Ivonne <i>(Studio 1)</i>					
11:30 a.m.		LUNCH CRUNCH (30): with Jamie <i>(Studio 1)</i>				
<b>AFTERNOON CLASSES</b>						
12 p.m.						YOGA: with Becky <i>(Yoga Studio)</i>
5 p.m.			HIIT: with Vilma <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> <i>*time subject to change</i>	BOXING: with Coach Thomas <i>(Studio 1)</i>		
<b>EVENING CLASSES</b>						
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>		



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

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



SCHEDULE SUBJECT TO CHANGE;  
UPDATED: 7/30/2024

# GROUP FITNESS:

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

## Audie Murphy Athletic Performance Center Whittington High Performance Center **AUGUST 1 - 31 CLASS SCHEDULE**

### AUDIE MURPHY ATHLETIC PERFORMANCE CENTER

Time/Day:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30 a.m.	<i>no classes scheduled in August</i>				
11:30 a.m.	<i>no classes scheduled in August</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](http://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**  
[jamie.m.milburn.naf@army.mil](mailto:jamie.m.milburn.naf@army.mil)



SCHEDULE SUBJECT TO CHANGE;  
UPDATED: 7/30/2024