

GROUP FITNESS: SMITH FITNESS CENTER

SEPTEMBER 1 - 30 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.					KICKBOXING: with Jamie <i>(Studio 1)</i>	ZUMBA: with Grace <i>(Studio 1)</i> <i>*starts at 9:15 a.m.</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>
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>	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 p.m.</i>	TURN-UP: with Alexis <i>(Studio 1)</i>	ZUMBA: with Ismariela <i>(Studio 1)</i> <i>*starts at 6:40 p.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 Pucket PKWY.
706-545-4388



SCHEDULE SUBJECT TO CHANGE;
UPDATED: 8/23/2024

WWW.FACEBOOK.COM/FTMOOREFITNESS

GROUP FITNESS:

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Audie Murphy Athletic Performance Center Whittington High Performance Center

SEPTEMBER 1 - 30 CLASS SCHEDULE

AUDIE MURPHY ATHLETIC PERFORMANCE CENTER

Time/Day:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30 a.m.	no classes scheduled in August				
11:30 a.m.	no classes scheduled in August				

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: 8/23/2024