



GROUP FITNESS: SMITH FITNESS CENTER

APRIL 1 - 30 CLASS SCHEDULE



Time/Day:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 a.m.:		POWER UP: with Candi (Studio 1)	BOXING: Coach Thomas (Studio 1)	POWER UP: with Candi (Studio 1)	RECOVER AND STRETCH: with Jamie (Studio 1)	
9 a.m.						GLUTZ: with Grace (Studio 2)
9:30 a.m.:	TURN-UP: with Alexis (Studio 1)					>TURN-UP: with Alexis (Studio 1) >ZUMBA Express with Grace (Studio 2)
10 a.m.:		ZUMBA: with Alicia (Studio 1)	ZUMBA: with Alicia (Studio 1)	ZUMBA Toning: with Ivonne (Studio 1)	TURN-UP: with Alexis (Studio 1)	
10:30 a.m.:	ZUMBA Step: with Ivonne (Studio 1)					
11:30 a.m.:		LUNCH CRUNCH (30): with Jamie (Studio 1)				
12 p.m.:						YOGA: with Becky (Yoga Studio)
5 p.m.:			HIIT: with Vilma (Studio 1)			
5:30 p.m.:	BOOTCAMP: Coach Thomas (Studio 1)		BIKES AND BANDS: with Dee (Studio 2)	BOXING: Coach Thomas (Studio 1)		
6 p.m.:	POUND: with Candi (Studio 2)	YOGA: with Becky (Yoga Studio)	YOGA: with Becky (Yoga Studio)			
6:30 p.m.:	ZUMBA: with Ismarlela (Studio 1) *starts at 6:40 p.m.	ZUMBA: with Alicia (Studio 1) *starts at 6:40 p.m.	TURN-UP: with Alexis (Studio 1)	ZUMBA: with Alicia (Studio 1) *starts at 6:40 p.m.		

VISIT [MOORE.ARMYMWR.COM](https://moore.armymwr.com)
FOR A DETAILED CLASS DESCRIPTION!
BOOK YOUR PERSONAL TRAINER TODAY!



SMITH FITNESS CENTER
BUILDING 2874
6835 RALPH PUCKET PKWY.
FORT MOORE, GA 31905
706-545-4388

FEE PER CLASS: \$3

SAVE BIG! MONTHLY PASS: \$25



MWR FITNESS COORDINATOR:
JAMIE MILBURN
JAMIE.M.MILBURN.NAF@ARMY.MIL

SCHEDULE SUBJECT TO CHANGE;
UPDATED: 3/28/2024





GROUP FITNESS

APRIL 1 - 30 CLASS SCHEDULE



AUDIE MURPHY ATHLETIC PERFORMANCE CENTER

Time/Day:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30 a.m.:					
11:30 a.m.:			BOXING Coach Thomas		

WHITTINGTON HIGH PERFORMANCE CENTER

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

VISIT [MOORE.ARMYMWR.COM](https://moore.armymwr.com) FOR A
DETAILED CLASS DESCRIPTION!
BOOK YOUR PERSONAL TRAINER TODAY!



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

FEE PER CLASS: \$3

SAVE BIG! MONTHLY PASS: \$25



MWR FITNESS COORDINATOR:
JAMIE MILBURN

JAMIE.M.MILBURN.NAF@ARMY.MIL

SCHEDULE SUBJECT TO CHANGE;
UPDATED: 3/28/2024

