

GROUP FITNESS: SMITH FITNESS CENTER

DECEMBER CLASS SCHEDULE

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

-> PLEASE NOTE: DURING THE HOLIDAYS & HOLIDAY BLOCK LEAVE, OUR FITNESS CLASS SCHEDULE MAY CHANGE. PLEASE VISIT OUR FACEBOOK PAGE 'FORT MOORE FITNESS CLASSES' (SCAN QR CODE BELOW) FOR UPDATES!

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>		SWEAT AND SCULPT: with Grace <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>		



HAPPY HOLIDAYS!

MWR Fitness Coordinator:
Jamie Milburn

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

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

SCHEDULE SUBJECT TO CHANGE;
UPDATED: 12/1/2024



GROUP FITNESS:

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

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

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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

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HAPPY HOLIDAYS!

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: 12/1/2024