

Group Fitness Schedule

FORT HOOD WINTER 2025



SINGLE CLASS PASS **\$3** 16 CLASS PASS **\$45** Closed Training & Federal Holidays

TIME **Mon** **Tues** **Wed** **Thurs** **Fri** **Sat**

5:15 A.M.	@APP	@APP	@APP	@APP		
6:30 A.M.		@ST		@ST		
9 A.M.	@APP	@APP @ST	@APP	@APP	@APP	@APP
9:30 A.M.	@APP		@APP		@APP	
12 P.M.	@APP	@APP	@APP	@APP	@APP	QUESTIONS
5:30 P.M.	@ST		@ST			
6 P.M.	@APP	@APP	@APP	@APP		

Core Connection
\$150 - Small Grps.
5 Sessions 10 a.m.
@APP Jan 06

1000/500 lbs Club
4 p.m. @APP
Dec 05

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- Applied Functional Fitness**
All-encompassing Strength & Conditioning of Constantly Varied Movement
- Spin**
Energetic, Musically Motivated
- Hip Hop Step**
High Interval Cardio Dance
- Fitness Fusion**
Fusion of Modalities for Full Body Fitness
*children allowed
- Pilates-Yoga Flow**
Strength Training & Flexibility



No Fitness Classes from December 22, 2025, through January 3, 2026

UNIT PT RESERVATIONS • PERSONAL & PARTNER TRAINING • NUTRITION COACHING • SMALL GROUP COACHING • MASSAGE THERAPY

APP = APPLIED FFC

ST = STARKER FFC

Hood.ArmyMWR.com/Fitness