

Group Fitness Schedule

FORT CAVAZOS

SPRING 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		Yoga Trapeze 11 a.m. - 12 p.m. \$5 @APP Apr 5 & May 3
6:30 A.M.		@ST				Mixed Fit Cert Rescheduled @Abrams PFC June 28
9 A.M.	@APP	@APP @GP	@APP	@APP @GP	@APP	@APP
9:30 A.M.	@APP		@APP			MANION Hero WOD 9 a.m. @APP Apr 26
10:15 A.M.	@APP		@APP		@APP	
12 P.M.	@APP	@APP	@APP	@APP	@APP	
5:30 P.M.	@ST		@ST			
6 P.M.	@APP	@APP	@APP	@APP		
	Memorial Day MURPH @APP May 26		1000/500LB Club Lift-Off 4-6 p.m. @APP Apr 16		emily.v.cox2.naf@army.mil 254-287-5586	



- Applied Functional Fitness**
All-encompassing Strength & Conditioning of Constantly Varied Movement
- Spin**
Energetic, Musically Motivated
- Zumba**
High Interval Cardio Dance
- Fitness Fusion**
Fusion of Modalities for Full Body Fitness
*children allowed
- Hatha Yoga**
Gentle Flow



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

APP = APPLIED PFC

ST = STARKER PFC

GP = GROUNDPLAY

Cavazos.ArmyMWR.com/Fitness