

Group Fitness Schedule

FORT HOOD

FALL 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		MixedFit Back To School Party @GP August 16
6:30 A.M.		@ST		@ST		Olympic Lifting 10:30-11:30 a.m. \$5 @APP Sep 13 - Oct 10
9 A.M.	@APP	@APP @ST	@APP @ST	@APP @ST	@APP	@APP
9:30 A.M.	@APP		@APP		@APP	Zumba Strong Dance Launch 9:30 a.m. @GP Sep 27
10:30 A.M.	@ST		@ST		@ST	CHAD 9 a.m. @APP Nov 01
12 P.M.	@APP	@APP	@APP	@APP	@APP	QUESTIONS
5:30 P.M.	@ST		@ST			
6 P.M.	@APP	@APP	@APP	@APP		

Coming Soon
• "The Great Place" Games
CSM Challenge, October

Halloween Spin
6:30 a.m.
@ST
Oct 28

Coming Soon
• 1000/500 LB Club Lift-OFF
December 5th

Pedals & Pilates
5:30 p.m.
\$5 @ST
Sep 19

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



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

APP = APPLIED PFC

ST = STARKER PFC

GP = GROUNDPLAY

Hood.ArmyMWR.com/Fitness