

Group Fitness Schedule

FORT HOOD WINTER 2026



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.	@ABX		@ABX		@ABX		
12 P.M.	@APP	@APP	@APP	@APP	@APP		
5:30 P.M.	@ST @ST		@ST	@ST			
6 P.M.	@APP	@APP	@APP	@APP			
Operation: FUEL UP \$120 @APP Feb 02		Core Connection \$150 - Small Grps. 5 Sessions 10 a.m. @APP Jan 06		Chair Yoga \$5 @ST 5:30 p.m. Mar 20		emily.v.cox2.naf@army.mil 254-287-5586	
Chair Yoga \$5 @ST 5:30 p.m. Mar 17							

QUESTIONS



Applied Functional Fitness
All-encompassing
Strength & Conditioning of
Constantly Varied Movement

Spin
Energetic, Musically Motivated
*6:30 a.m. Begins 06 January
*5:30 p.m. Begins 12 January

Hip Hop Step
High Interval Cardio Dance

Fitness Fusion
Fusion of Modalities
for Full Body Fitness
*children allowed

Hatha Yoga
Gentle Flow

HIIT the Beat
Dance Fitness
*Begins 22 January



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

APP = APPLIED FFC

ST = STARKER FFC

ABX = ABRAMS ANNEX

Hood.ArmyMWR.com/Fitness