

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



- 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**