

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		
6:30 A.M.		@ST		@ST		
9 A.M.	@APP	@APP @ST	@APP @ST	@APP @ST	@APP	
9:30 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		

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

**MixedFit Back
To School Party**
@GP
August 16

Olympic Lifting
10:30-11:30 a.m.
\$5 @APP
Sep 13 - Oct 10

**Zumba Strong
Dance Launch**
9:30 a.m.
@GP Sep 27

CHAD
9 a.m.
@APP
Nov 01

QUESTIONS

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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
- 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